

**FREE**

school

How to

prepare for

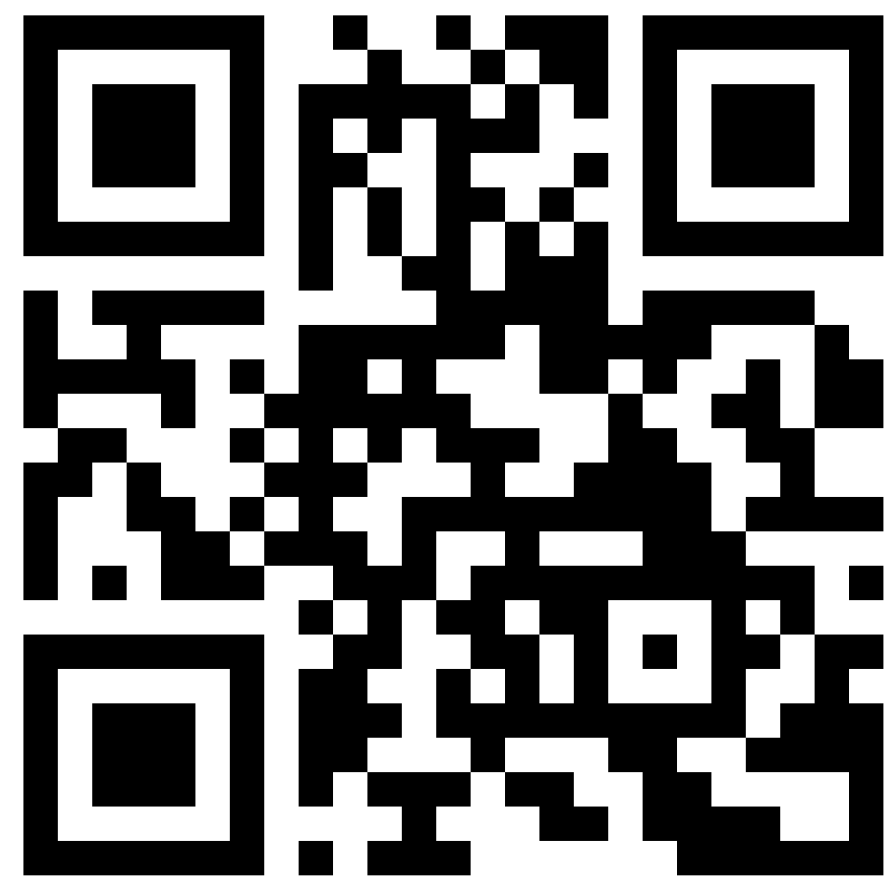
transition or change

Welcome! This resource is all about making a smooth transition from primary to secondary school. We know change can be nerve-wracking, unsettling, and anxiety provoking. It is okay to feel like this. Emotions are like a rollercoaster; they are never permanent and constantly changing. You may feel different emotions at the same time, for example, excited for a change but also nervous because it feels unknown.

In this resource, we'll give you tips on how to handle this big shift and make it easier for you. You'll learn some awesome coping skills that'll help you when you need it. It's all about finding what works best for you, because we know everyone is unique!

If you're about to start secondary school this September or you've already rocked the first few days, this activity pack is the ultimate guide to understanding this new chapter in your life. Plus, it's not just about school stuff; we'll also help you take care of your mental health too.

Are you in? Let's do this!



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