



# **Transition Activity Pack**

## **Summer 2020**

**Name:**

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**Hello from Elthorne**



**We hope that you are ok**



**These activities will help you prepare for coming to high school.**



# The School Day

The school day in high school is different to primary school. Don't worry !

Everything will be



ok.

Reading your timetable:

1. It tells you lots of information (**subject, time, teacher's name, classroom**)
2. There is a **week 1** and **week 2**.
3. You **move lessons** every hour
4. Break is **10.55-11.15am**
5. Lunch is **13.15-14.00pm**

# School Timetable Quiz

	1	2	3	4	5	6
1Mon	PSHCE Ms S Joseph E103	Enrichment Ms M A Wickens F02	Science Ms C J E Schaal B103	Accelerated Reader Ms S Doyle C105	Support Ms L Brown C108	
1Tue	English Ms A Kelley C109	Accelerated Reader Mrs S Doyle C105	Design and Technology Mrs C M Johnson A06	Religious Studies Mr D M Webb D08	Drama Ms S Joseph F01	
1Wed	Science Ms C J E Schaal B103	Maths Ms P Jennings C308	Support Ms L Brown C108	English Ms A Kelley C109	PE Mr M Bruin	
1Thur	Computing Mr R Fleary C211	Science Ms C J E Schaal B103	English Ms A Kelley C109	Maths Ms P Jennings C308	Art Ms S Prendergast A05	
1Fri	Design and Technology Mrs C M Johnson A06	Music Ms R Safieh F04	Support Ms L Brown C108	Maths Ms P Jennings C308	History Ms A Kelley C109	

	1	2	3	4	5	6
2Mon	PSHCE Ms S Joseph E103	PE Mr M Bruin	Geography Ms A Kelley C109	Enrichment Ms M A Wickens F02	Support Ms A Kelley C108	
2Tue	English Ms A Kelley C109	Geography Ms A Kelley C109	Design and Technology Mrs C M Johnson A06	Religious Studies Mr D M Webb D08	Art Ms S Prendergast A05	
2Wed	Science Ms C J E Schaal B103	Maths Ms P Jennings C308	Drama Ms S Joseph F01	English Ms A Kelley C109	PE Mr M Bruin	
2Thur	Computing Mr R Fleary C211	English Ms A Kelley C109	History Mrs S Doyle C108	Maths Ms P Jennings C308	Science Ms C J E Schaal B103	
2Fri	Design and Technology Mrs C M Johnson A06	Music Ms R Safieh F04	Support Ms L Brown C108	Science Ms C J E Schaal B103	Maths Ms P Jennings C308	

Which days in week 1 would you have English?

In week 2 Thur 3 what subject do you have?

Who is the teacher for Maths?

Which room do you have Science in?

## School Map - True or False

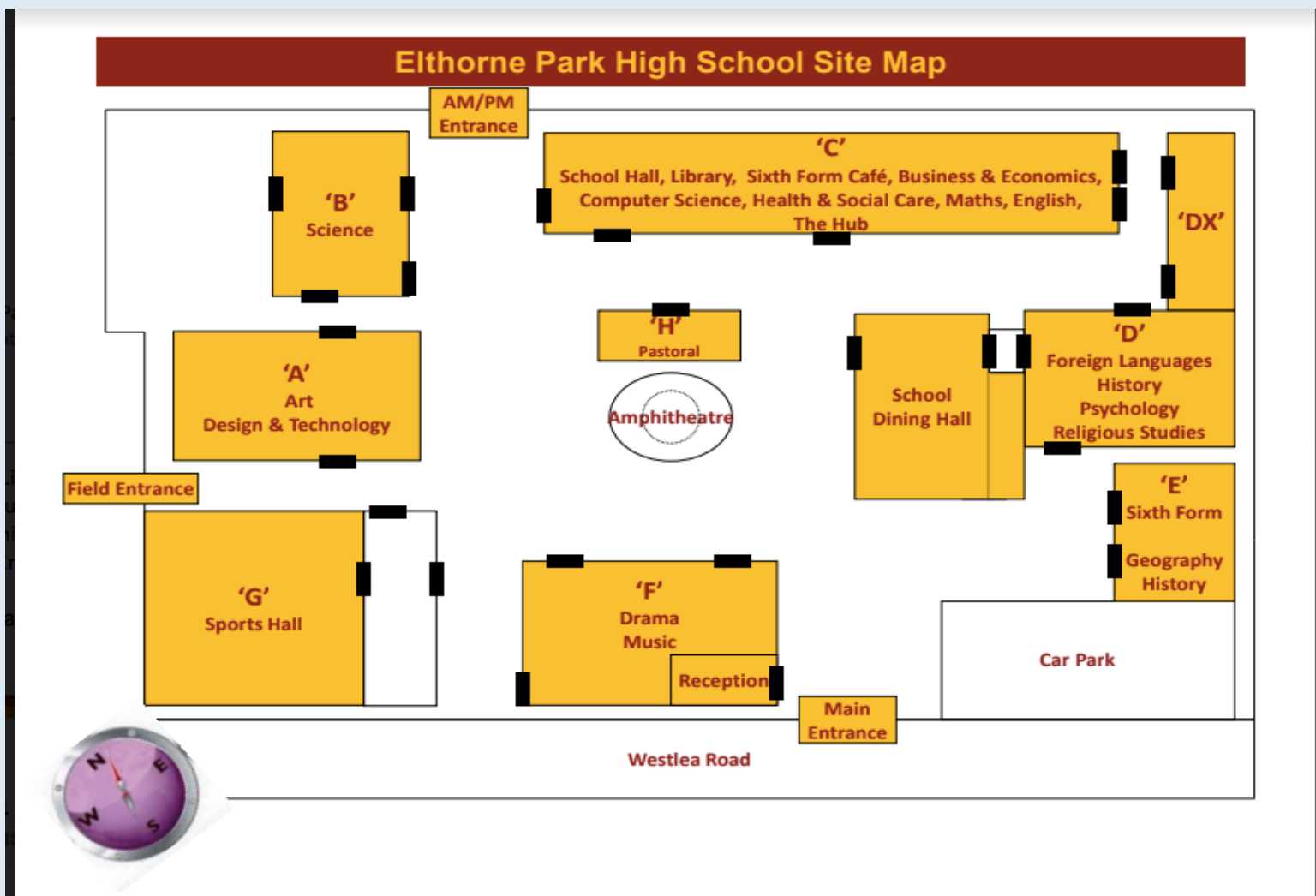
Science is in C block.

In F block you study Music and Drama.

You'll find Art in B block.

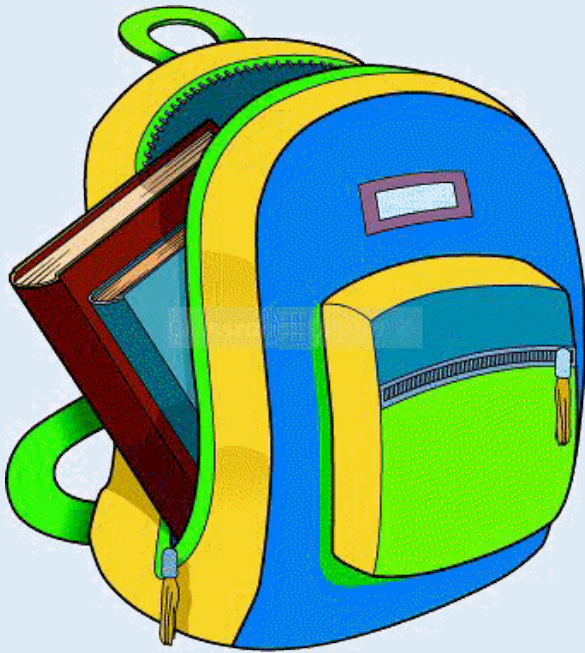
Each building has a letter EG. 'A' block.

The Dining Hall is next to D block.



Test a parent, carer or friend with some true or false questions about the school map or timetable.

Being Organised – Packing your school bag



Pack your bag each evening by looking at your timetable to see what lessons you have.

Sometimes you might need extra things like cooking ingredients or your PE kit.

Look back at the example timetable.

What will you need to remember on 1Weds5,  
2Mon2 and 2Weds5?

Which books should you bring on Friday week 2?

# 'Whole body listening'

## We listen with our whole body



**Eyes** = looking at the person speaking



**Mouth** = quiet – waiting for your turn to talk



**Feet** = quiet and still



**Brain** = thinking about what is being said. Ask yourself 'do I understand?'



**Ears** = Listening, ready to listen



**Hands** = quiet and kept to yourself



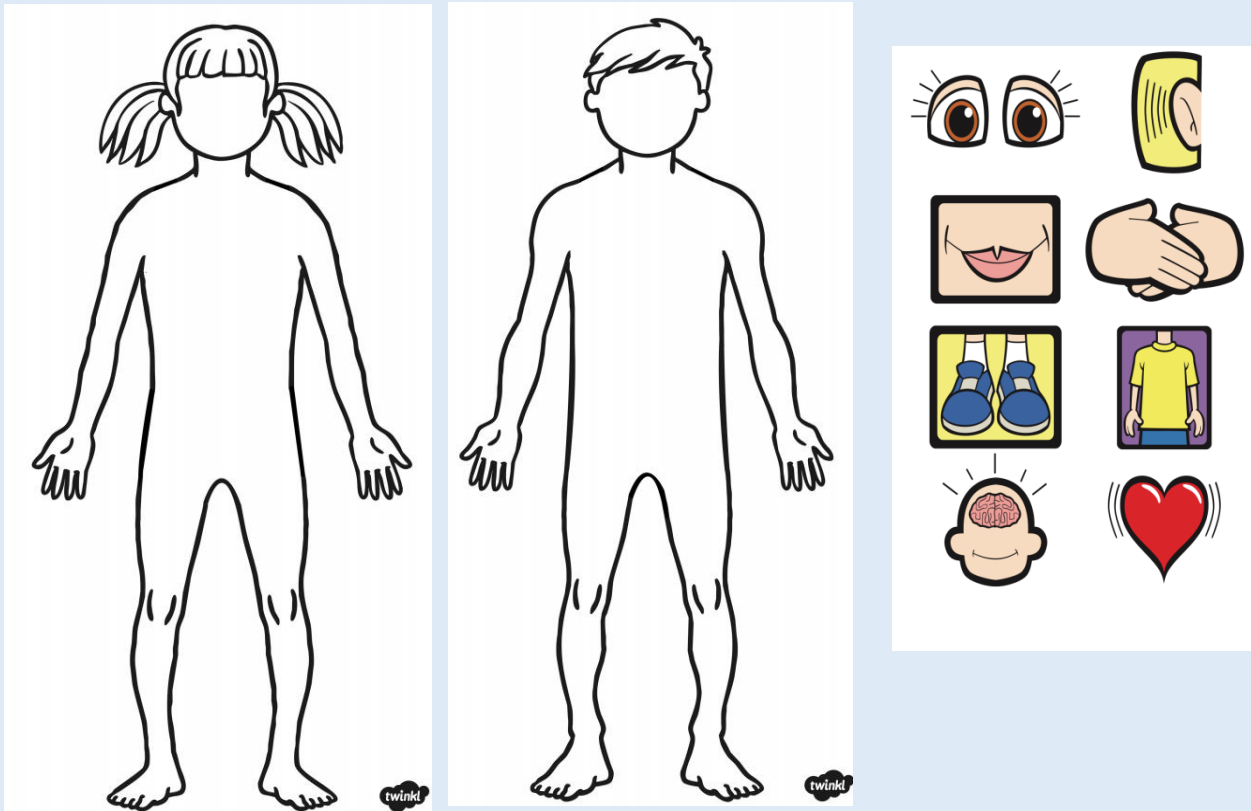
**Body** = facing the person speaking



**Heart** = caring about the person speaking and other people listening

Be sure to use whole body listening when you're in class. Show your teachers and your friends that you are listening when they are speaking.

# Let's make our own whole body listener!



1. Cut out the body parts

2. Stick the body parts on the correct part of the body

3. Write what each body part does to show 'good listening'.



# A Guide to Making Friends

## Top Tips!

- Smile
- Ask questions
- Join new clubs
- Try new things
- Accept that we are all different
- Be a good listener
- Treat people as you would like to be treated
- Avoid gossiping or making jokes about others
- Share interests – find what you have in common



## Think of three interesting things about yourself:

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2.

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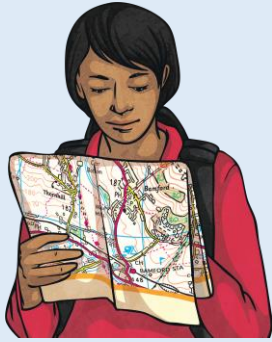
## Making Negative Thoughts into Positive Thoughts

Often, we think negatively about a situation or an event that has happened or is about to happen. When we think negatively, we are likely to carry on thinking negatively, which helps to make the thought more powerful. When this happens, it is really difficult to find positive thoughts. This can lead to a one-sided view of a situation or event which is often not a true judgement.

Please complete the table below so you can see how you can change negative thoughts into positive thoughts.

Negative Thoughts	Positive Thoughts
My friends don't like me anymore because I can't go to the party on Saturday night.	
I am not good at maths because I only got 16 out of 20 correct in my test.	
I don't want to move house as I won't make any new friends and I will be lonely.	
My new school won't be as good as my current school.	

## **I can't find my class.**



- Look for other students in your class.
- Look at which block you should be in.
- Ask a teacher nearby.
- Ask at the school office.
- Ask another pupil.

## **I don't understand something in class.**



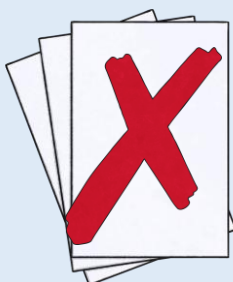
- Look carefully at the task again.
- Try to start the task.
- Ask another pupil for help.
- Put up your hand and ask for help.
- Look in your exercise book

## **I'm late for school.**



- Go to the school office to tell them you have arrived.
- Check your timetable and the time and go to the correct class.

## **I forgot my homework.**



- Tell the class teacher you have forgotten your homework as soon as you arrive in class.
- Tell the teacher you will bring it next time.
- Make a note in your diary to bring the homework in.
- Use your diary to note down homework deadlines.

## Someone is being unkind.



- Keep calm.
- Tell them to stop.
- Walk away.
- Report it to a nearby teacher.
- Tell your Keyworker or a PSW.

## I forgot my pencil case.



- Ask a teacher to borrow a pencil.
- Ask a friend to borrow a pencil.
- Make a note in your planner to pack your pencil case.

## I forgot my lunch.



- Go to the school office to tell them you forgot it.
- Ask to borrow some money for lunch.
- Tell your keyworker
- Go to the Nest at lunchtime

## I don't know what class I have next.



- Check your timetable.
- Ask a friend.
- Go to the Hub for help.