

# Transition to Secondary School

What is happening inside my child?  
What is happening inside of me?

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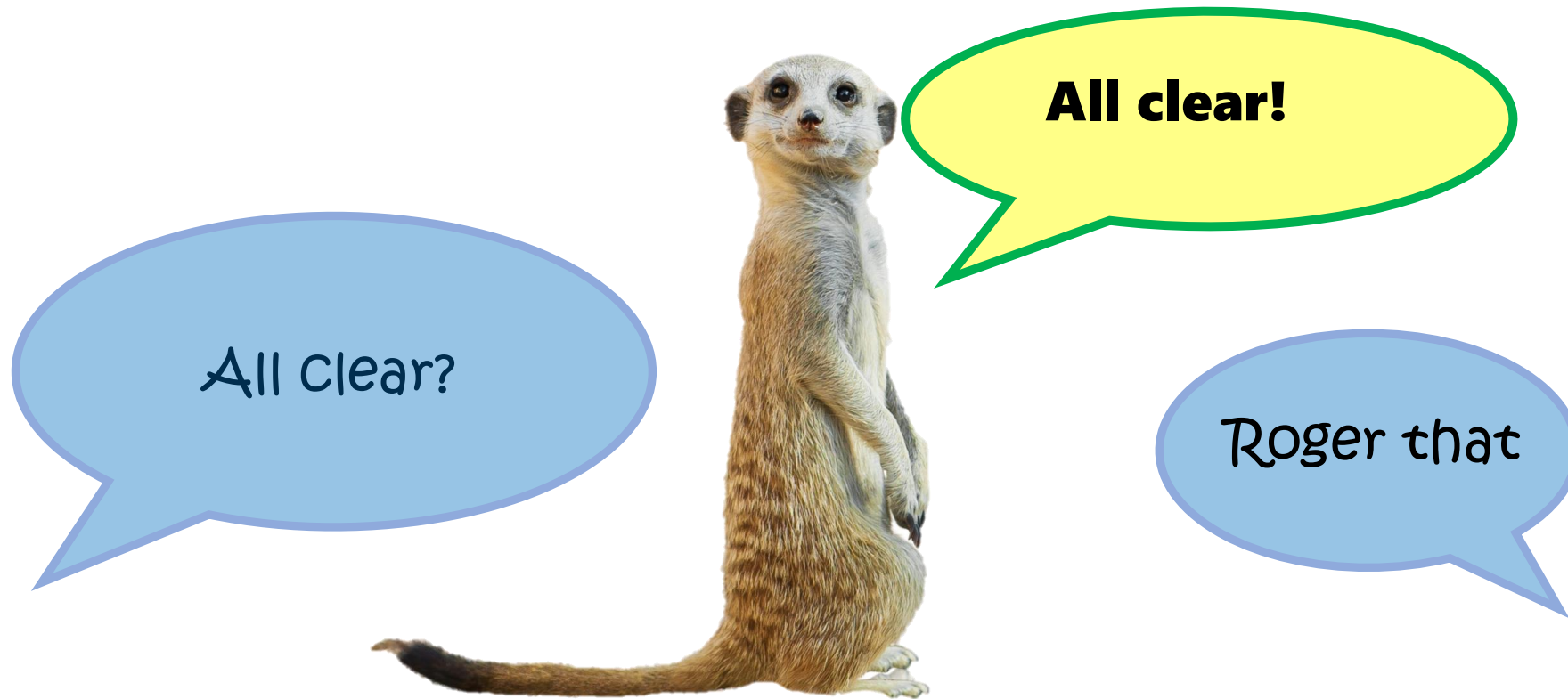
Some theory





Quiz time:  
what is our  
body's number  
one most  
important job?

Answer: To look out for signs of danger and protect ourselves from any harm



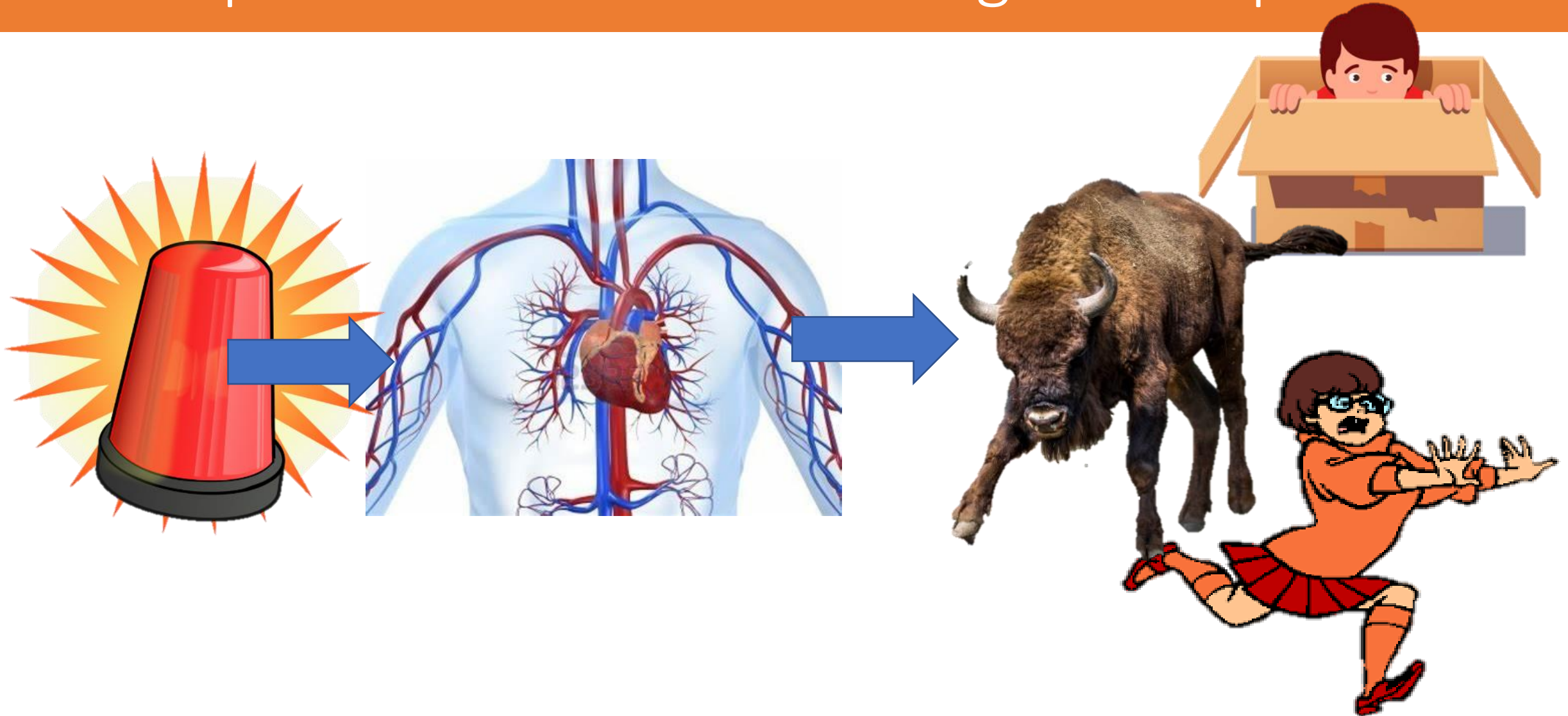
If there are signs of danger, our hearts turn into an alarm!



***Woo woo woo!***

**Quiz time:** But how does this help us to protect ourselves?

Answer: increases blood flow and stress hormones that helps us act with extra strength and speed

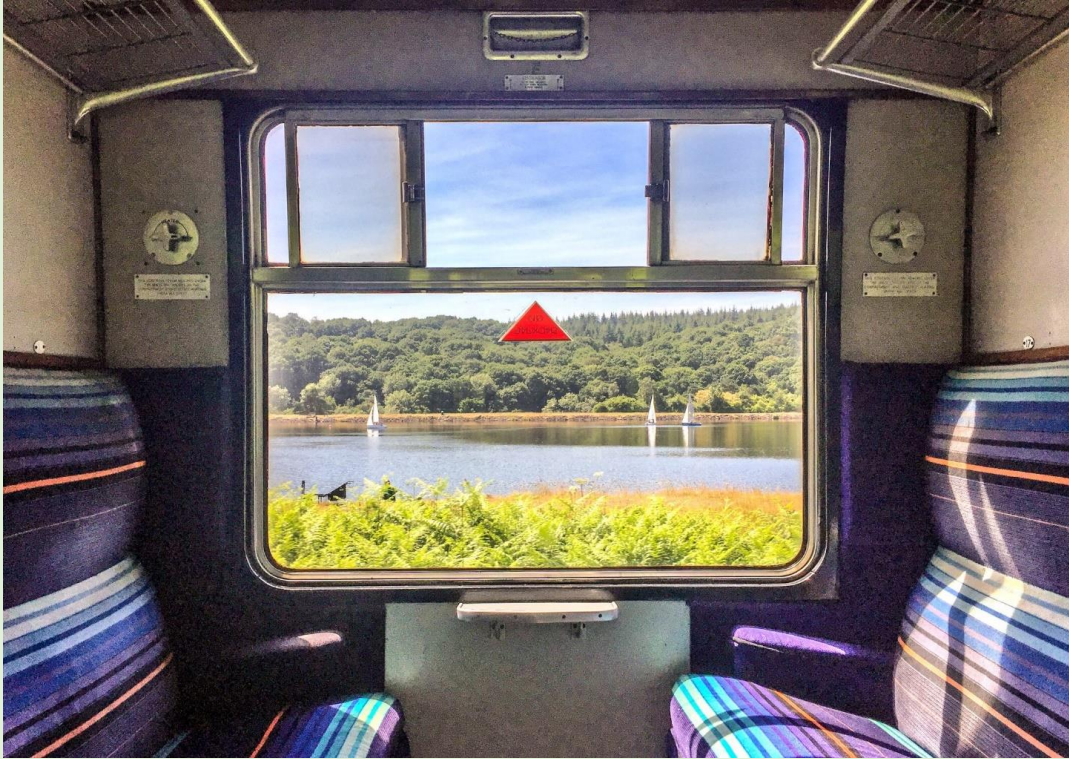


Sometimes our thoughts can get creative and imagine bad outcomes that are not true or never end up happening! And our body raises the alarm as though its real.

Like a false alarm

This happens in our children's minds too





Connecting with  
our own past  
experiences



# How did your imagination try to guess what would happen on your child's first day at Primary School?



- Close your eyes and remember your child's first day at Primary School
- Did your brain imagine any possible dangers before you started?
  - Maybe the other kids won't play with them
  - The teachers might not be nice
  - My child might not like their food
  - They might miss home
  - My child might not be able to cope!

Can you think of some images you have of things that might hurt your child's feelings when they start secondary school?



- Difficulties making friends
- The teachers might not be nice
- They might not like my food
- They might miss home
- They might not like it
- The older kids might be mean
- My child might not be able to cope!

Discussion time: Do we always want to hide when we feel nervous?



Discussion time: why might our child still want to go to secondary school even if they feel nervous?

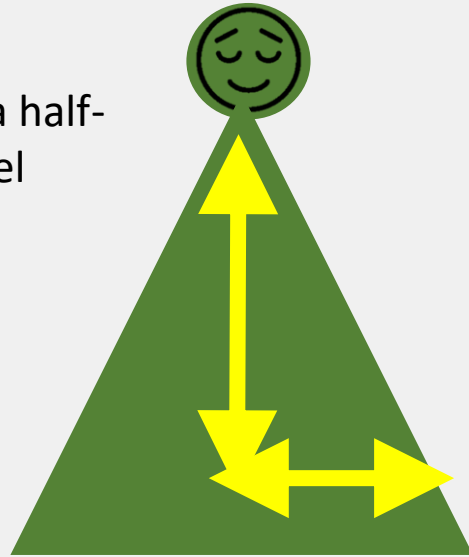


Some strategies  
to help our  
children to calm  
the heart down



# Some tricks for calming the heart down when it is in alarm mode

Breathing slowly into the belly with a half-smile on your face helps the body feel safe again



- *Sit up with back straight*
- *Place your hands on your belly*
- *Imagine your belly is a balloon*
- *Breathe in slowly through your nose for between 3 to 5 seconds and imagine the balloon inflating*
- *Pause*
- *Breathe out slowly for 4 seconds and imagine the balloon deflating*
- *Repeat for 1-2 minutes (or longer is fine too!)*

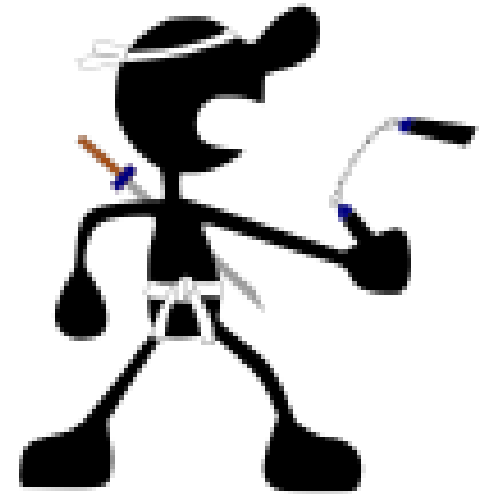
## 1. Belly breathe

Some tricks for calming the heart down when it is in alarm mode



e.g. playfully shake on the spot

OR



angrily fighting an imaginary enemy is ok too

## 2. Vigorous movement

All the times when it went really well 😊

- I made friends at cooking club
- The teacher helped me out when I was stuck
- That time I told a funny joke
- I went on the school trip even though I was nervous  
...and I actually had fun!



### 3. Balance it out

**With positive memories of times when your child felt supported and brave. Also images what they WANT to happen.**



Share a slice of your PIE. Notice and share what is going on in your:

**P**hysical body

**I**magination about what will happen

**E**motions



## 4. Talk it out

(did you know, it can help to cry as well!)

# What to do when my child is so anxious it is starting to cause negative impacts

- Talk to school.
- School is here to be a team with you.
- School staff have training in emotional difficulties
- The school also have access to mental health professionals when needed.



Your body was just trying to look out  
for danger to protect you



“Thank you body!”  
“You are the best”

