

Getting Ready for Junior School

Dear Year 2 Children,

We now know that you won't be returning to your Infant School. This may make you feel a bit sad.

However, this means that you will be starting Junior School when it is safe for all children to return to school. How exciting!

To get ready for Junior School, we thought that you may like to complete the activities in this booklet.

Make sure that you ask an adult at home to help you.

We know that you will have a great time at your new school!

All About Me

Note for adult: This activity aims to develop self-esteem by focusing on your child's strengths and interests. You may want to send a copy of this to the school or take a photograph and email it to the school.

My family

My pets

Me

I am good at...

Help me to learn by...

My friends are...

My birthday is...



WOODLANDS
OUTREACH

Infant School Memories

Note for adult: This activity gives your child an opportunity to spend time thinking about positive memories of Infant School.

My Teacher

Me in my uniform

My Headteacher

Something that I
learned

Funniest memory

The best trip/visit

Best thing about Infant School

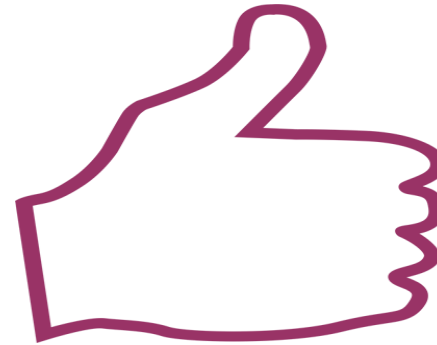


WOODLANDS
OUTREACH

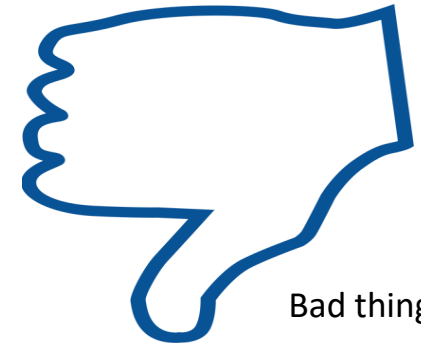
My Lockdown Experiences

Note for adult: This activity gives your child the opportunity to express their thoughts and feelings about lockdown. Ask them to talk about, write or draw the good things, bad things, new things learned and any questions about lockdown.

Good things...



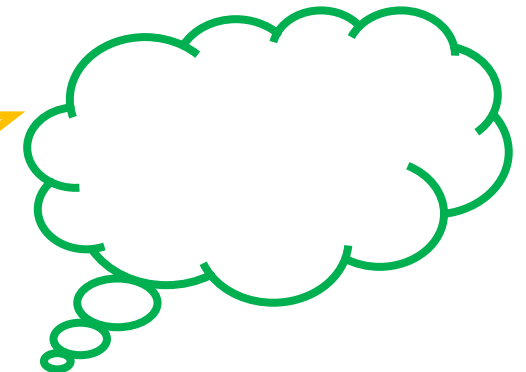
Bad things...



New things
learned...



Questions...



My Feelings

Note for adult: This activity gives your child the opportunity to express their feelings and thoughts about starting a new school. Ask them to be honest about how they're feeling and reassure them that it is okay to feel this way. Remind them that their friends may also be feeling the same way.

Today I am feeling...



When I think about
starting Junior School
I mostly feel...



Draw or write about what you are looking
forward to when starting Junior School...

My Worries

Note for adult: Use the 5 point scale to help your child to think about the 'size' of the worry. Then use a Cognitive Behaviour Technique to 'talk through' the worry and lower on the scale. The aim is to use the CBT based technique to lower the 'size' of the worry. Focus on one worry at a time (written on previous page).

How big is your worry at the moment?

CBT Based Technique (for adult)

Ask your child...

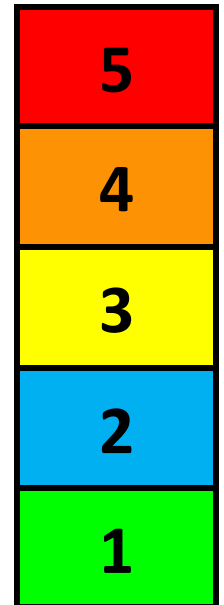
What is the evidence FOR this worry/
thought?

What is the evidence AGAINST this worry/
thought?

What would your friend say if you told
them about this worry?

What would you say to your friend if they
had this worry?

How big is this worry now? [ask your child
if they want to change the number that
their worry is on using the scale]



My Worries

Note for adult: This activity focuses on worries, and aims to reduce those worries using simple techniques based on Cognitive Behaviour Therapy. Ask your child to use the boxes to write or draw any worries that they may have about starting Junior School. The next page will focus on reducing the worries.



Same or Different

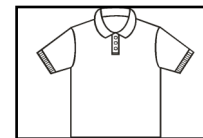
Note for adult: This aim of this activity is to help your child prepare for changes in their new school. It will also help to show them that some things will be the same, which may reassure them. Ask your child to draw a line from the different pictures to either the same, different or not sure labels. Try to focus on the positives, e.g. the uniform may be different but is it a colour that they prefer? If not sure about a picture, talk about how to find out the answer, e.g. asking an older sibling, checking the school's website.



My teacher



My friends



My uniform



Start time



Home time



School lunches



Playground



Journey to school

Same

Different

Not sure

What I Already Know

Note for adult: This activity aims to help to reduce worries by showing your child that they already may know a few things about their new school. It also focuses on problem solving by encouraging your child to find out the answers to any questions that they have.

Draw your new school's logo here
(ask your adult to help you to find
it on the school's website)...

Write down the names of
adults or children you know
who already go to your new
school...

What is the name of the
Headteacher of your new
school?

How will you travel to your new school?



What I want to Know

Note for adult: This activity gives your child an opportunity to think about what they want to know about their new school. You may be able to find out the answers to their questions on the school's website or in any information packs which may have been sent to you. Emailing the school to ask these questions may also be appropriate but please remember how busy school staff are.

Questions I have about my
new school...

