

Year 7 Transition Activities Booklet



Name:

Primary School:

ASHLAWN SCHOOL

TL Proud to be part of the
Transforming Lives Educational Trust

Transition Activities

Welcome to your transition activity booklet. Inside this booklet you will find a range of non-subject specific transition activities to help you feel more prepared to start your secondary school journey with us at Ashlawn.

You should complete these activities and bring this booklet with you on your first day to show your form tutor. You can complete the activities on your own or you can ask your parents to help you.

We are really excited to meet you and we hope that you are really looking forward to starting an incredibly exciting part of your life with us.

Letter to My Year 7 Form Tutor

Dear _____



I am looking forward to secondary school because...

I am nervous about starting secondary school because...

My favourite thing about primary school and year 6 was.....

My least favourite thing about primary school was...



My friends would describe me as...

I'd really like you to know that...

I look forward to seeing you in September.

Kind regards,



Letter to My Year 7 Form Tutor - Help Sheet

I am looking forward to secondary school because...

Freedom More responsibility Individual subjects Larger site
Facilities Friendships Challenge Opportunity

I am nervous about starting secondary school because...

Getting Lost Travelling Shy Support New staff
Relationships Older Children Homework Detentions Bullies

My favourite thing about primary school was...

Friendships Teacher Favourite Subject Reading Sports
Knowing Everyone School Dinners Playtime

My least favourite thing about primary school was...

Homework Lack of Freedom A Particular Subject One Classroom

My friends would describe me as...

Outgoing Brave Lively Cheeky Clever Funny Talkative
Trustworthy Shy Quiet Loud Nervous Creative
A team-player Well-behaved Chatty Helpful Smiley

I'd really like you to know that...

I train for swimming very early in the mornings/I don't get on with my sister/I find it hard to concentrate at home/I love visiting castles/Sometimes I have to travel a long way to see my family/ I recently lost my dog which was very upsetting/ My brother is very ill / I found lock down challenging because I missed my friends

My Hopes and Aims for Ashlawn School

Secondary school is a new start for you. We believe you can achieve anything you want to achieve! What are your hopes and aims?

Academic Hopes and Aims

- In my lessons I aim to...

- I hope to learn about...

Pastoral Hopes and Aims

- I aim to make strong friendships because...

- I hope to feel proud of myself when...

- I aim to be confident about...

Extra-Curricular Hopes and Aims

- I hope to join a club for...

- The sports I hope to get involved in are...

Scenario Four

Imagine you are on your way to the canteen for the first time and you are about to have school dinners for the first time. You are not sure what to do.

- How might you feel?
- Who could you ask for help?



twinkl.co

Scenario Five

Imagine you have forgotten your PE Kit.

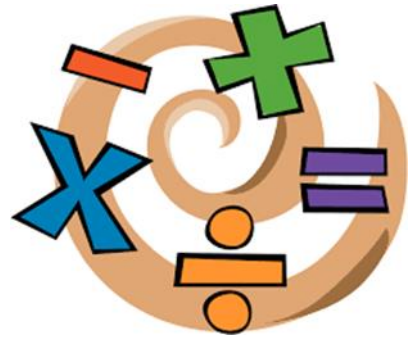
- How might you feel?
- What could you do?
- Who could you ask for help?
- What might help you remember it next time?



Scenario Six

Imagine you have brought your Science book instead of your Maths book.

- How might you feel?
- What could you do?
- Who could you ask for help?
- What might help you remember it next time?



Scenario Seven

Imagine you have forgotten your ingredients for a food technology lesson.

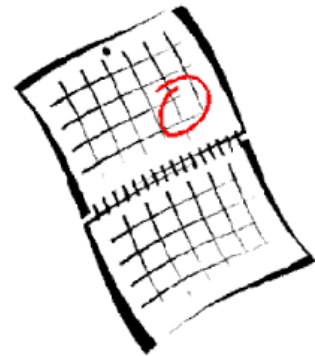
- How might you feel?
- What could you do?
- Who could you ask for help?
- What might help you remember it next time?



Scenario Eight

Imagine you have just got your new timetable but you are finding it confusing to read as there are so many subjects and lessons.

- How might you feel?
- What could you do?
- Who could help explain things to you?



Scenario Nine

Imagine that you have tried really hard to find your lesson but you are lost and can't read your map very well as it is confusing.

- How might you feel?
- What could you do?
- Who could you ask for help?
- What might help you remember different areas of the school?



Scenario Ten

Imagine someone in your class had been unkind to you.

- How might you feel?
- How could you deal with this situation?
- Who could you ask for help?

Scenario Eleven

Imagine that you have lost your school bag during break time.

- How might you feel?
- What could you do to deal with this situation?
- Who could you ask for help?
- What could you do to reduce the risk of losing your bag again?



A Letter to My Future Self

Task:

You are going to write a letter to your future self. This could be you in a year's time or you in a few years' time, at the end of secondary school.



Imagine what you would like to become. How would you like to be portrayed? What do you want people to think and say about you? This letter will be private and should be a chance to open up about your thoughts, feelings and goals.

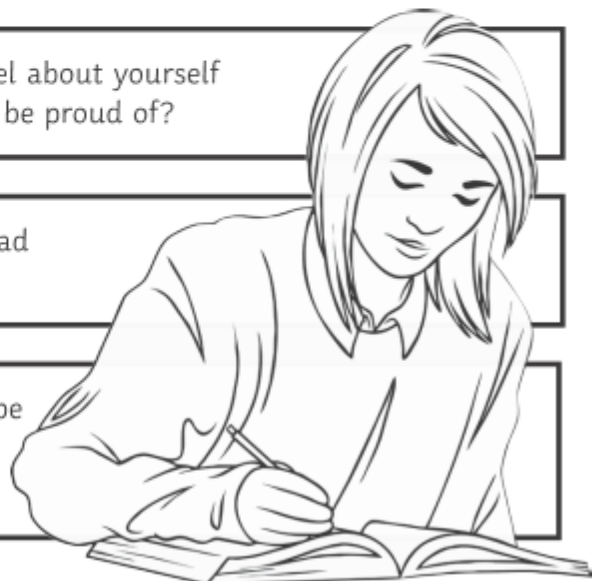
Ideas:

- What advice would you give yourself when starting something new?
- What would you like to change about yourself?
- How can you improve yourself?
- What are your ambitions?
- What are your goals?
- What are your dreams?
- Who would you like to get to know?
- What new things would you like to take part in?
- If you were somebody else starting a new year at school, what would you tell them?

Think about what is important to you, how you want to feel about yourself and how you want others to feel about you. What will you be proud of?

When you have completed your letter, take some time to read it over and think through the advice you have given.

When you have done this, you may put it inside the envelope your teacher has given you. You should receive this letter back at the end of the year.



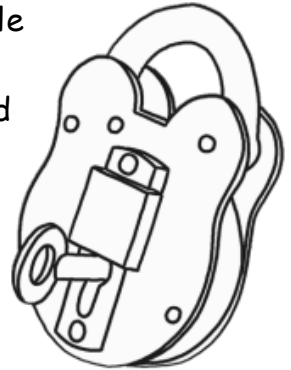
Dear: _____ (your name)

Signed: _____

Date: _____

My Time Capsule

A time capsule is like a frozen snapshot of time. This time capsule will be opened in five years when you have completed your secondary school GCSE examinations. You will be 16 years old and will be able to look back on your 11-year-old self - at the start of your secondary school journey! You will be able to look back and see how your life and the world has changed since then.



Name: _____

Date: _____

Best Friend: _____

Favourite Subjects: _____

Favourite Song: _____

Favourite Movie: _____

Favourite Food: _____

Favourite Hobby: _____

My Predictions for 2025:

A Guide to Making Friends

Top Tips!

- Smile
- Ask questions
- Find out what you have in common with others
- Try new things
- Join lots of clubs
- Accept people for their differences
- Always be kind
- Avoid gossiping about others
- Don't make jokes at the expense of others
- Arrange to see new friends outside of school too



What five qualities do you have that would make you a good friend?

1.

2.

3.

4.

5.



Uniform

<u>Items I need wear</u>	<u>Items I am not allowed to wear</u>

Draw a picture of your school uniform here



Time to be Artistic!

Can you draw the Ashlawn School logo and then redesign it in a pattern or colours of your choosing?

