



Transition:
Moving to a new class
Week 1



We are learning how to manage our feelings about moving to a new class



We will be able to:

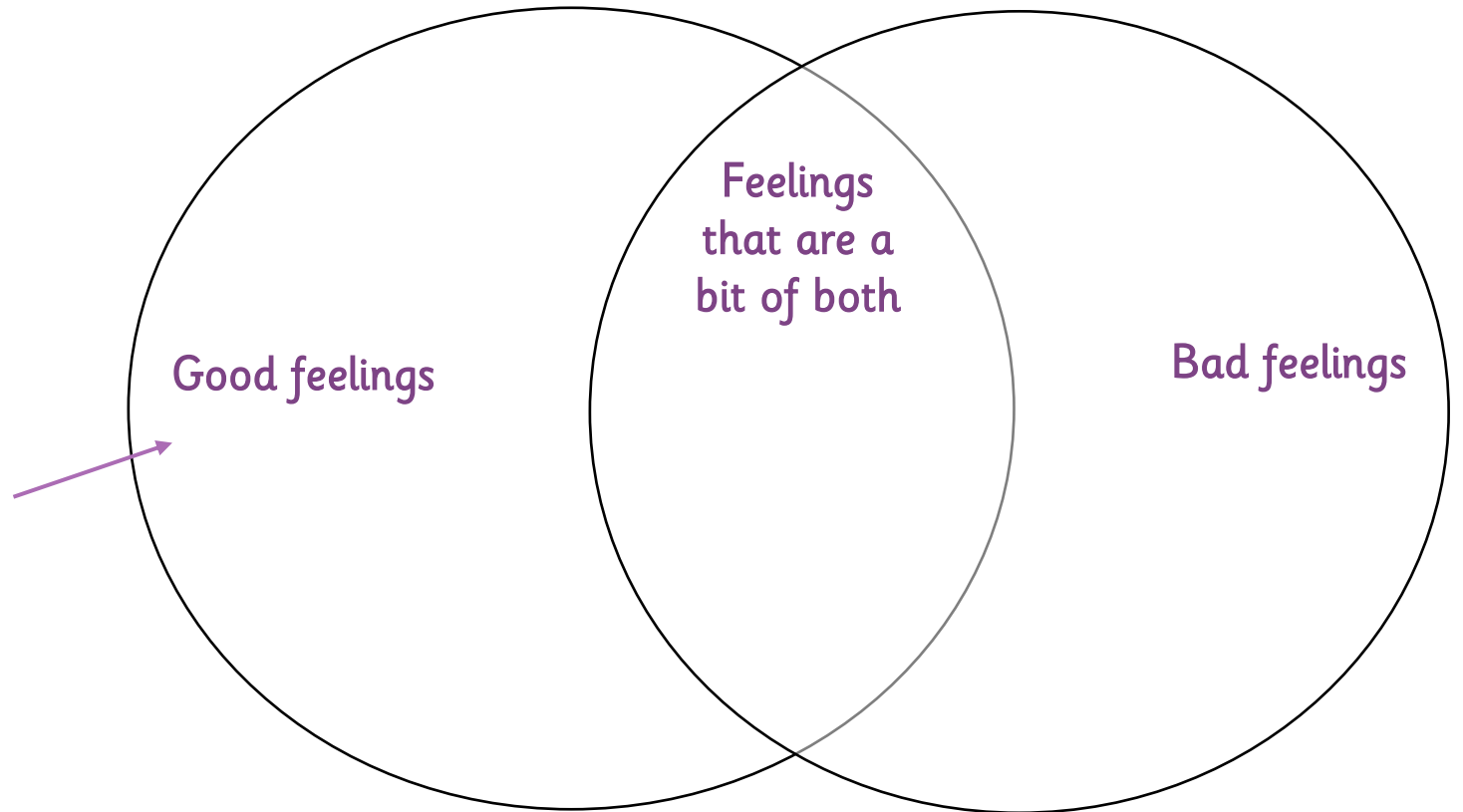
- ✓ identify feelings people might experience when moving to a new class.
- ✓ recognise common causes of worry, challenges and opportunities that may be part of this transition.
- ✓ explain ways to positively manage the move to a new class.

Identifying feelings

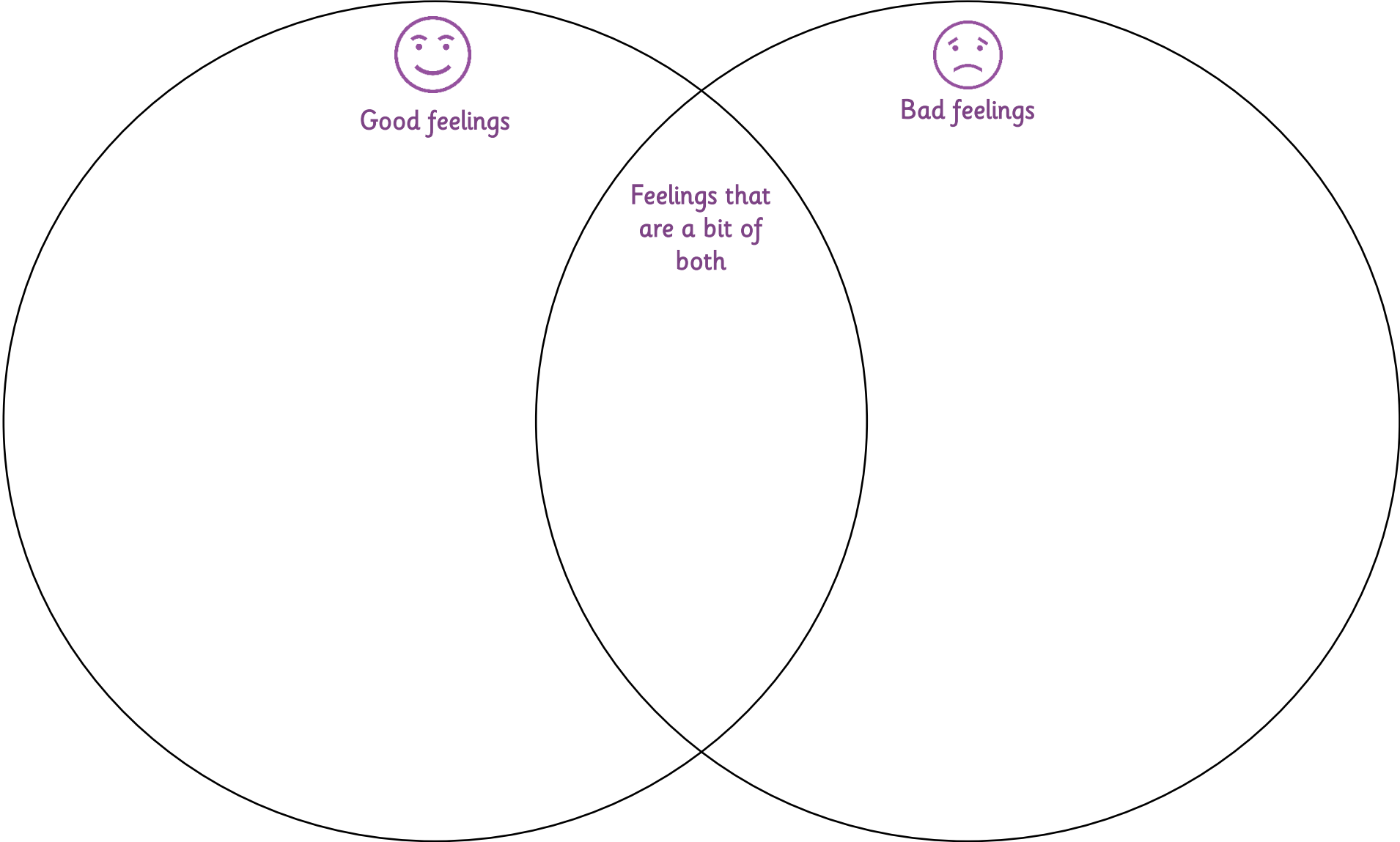
River is moving from Year 1 to Year 2 this year and has lots of feelings about the change.

Can you think of any of the feelings that River might have?

In the circles on the next page or on a piece of paper, write down or draw any good feelings River might have, any bad feelings that River might have and any feelings that are a bit of both!



Resource 1: Identifying feelings



Similarity and difference

Most of the time River feels excited, but also a bit nervous. Think of some reasons why, by writing down or drawing answers to the two questions below.



In what ways will school be the same in Year 2?



In what ways will school be different in Year 2?

Similarity and difference



Similarities might include:

- Friends and classmates
- The school environment (buildings, playground, field etc.)
- Subjects (e.g. Maths, English, Science)
- The help and support available



Differences might include:

- A new teacher (or two teachers)
- A new classroom and place to sit
- A different break time
- New clubs to join
- Changes in friends
- Working independently a bit more

Changes

River has been thinking about the changes that will happen in Year 2.



While there are good things about each change, River has questions about some of the changes.

Using the table in **Resource 2**, or on a piece of paper, note down any positive things about each change and any questions River might have about each change.



What other changes might River be thinking about or be worried about?

Resource 2: Changes

Change:	Good things about this change. 	Questions about this change. 
New teacher (or 2 new teachers)		
New classroom and place to sit		
Working independently a bit more		
Changes in friends		

Double click the image below to open a social story that you can complete and read with your child to support their transition to Year 2.

