



Transition Focused Photo Book



Why? When beginning something new, like a transition to a new school or classroom, it can be helpful to think about the things we need to know and to see what things might look like in real life.

Using photographs are one way we can help ourselves to feel prepared when beginning new things. Photographs can help remind us what these new things look like, which may help us to regulate our feelings and emotions about them more effectively.



This activity can help you put the pictures all in one place, of what your new school or classroom might look like, and can help you to imagine how it might feel to be there and what you might be doing.

* You could even add a title page and contents page!

When creating a picture book for your transition, it can be done in lots of different ways.

We have shared some ideas here to get started with a little 'how to guide':

1. Think, draw or write about the things it would be helpful to have pictures of.
2. If you can visit the school, make sure you take photos of anything that will help you to remember what it is like.
3. If you can't visit, your parent or carer could ask a teacher or other member of staff to take photos for you.
4. Put your photos into a book, around the photo you could write what the picture is of.
5. Use our template or create your own!



My New School – Photobook

Places

Photo of the school from the outside

Photo of my classroom

Photo of the assembly hall

Photo of where I will go at break and lunch time

Photo of an important place

Photo of an important place



For more information about how we work please visit: www.suffolk.gov.uk/children-families-and-learning/pts/if

Journey from my home to my school

Photos of my journey to school



For more information about how we work please visit: www.suffolk.gov.uk/children-families-and-learning/pts/if

People

Photo of my teacher

Photo of my teaching assistant

Photo of the Head Teacher

Photo of an important person (e.g. the office staff)

Photo of an important person

Photo of an important person



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