



## Transitional Objects

**Why?** At different times in our lives we can experience feelings of unease, worry or fear. Particularly at times of transition, whether going back to a school you have been at before or starting a new school or college, it is normal to experience an increase of these feelings.

Transitional objects are things that we can touch and hold on to that can help us feel safe or give us comfort. They can be reminders that someone is thinking of you and can help you to feel close to someone who cannot be with you.



Examples of transitional objects:

- Small toys e.g. a miniature, action figure, a small stuffed animal
- Key rings
- Photos
- A 'lucky' coin, rabbits foot etc.
- A folded up letter

The object needs to be something small and light that you could put in your pocket or bag so that you can keep it with you.

Think about where you will put it to keep it safe...

Do you have a zipped pocket in your bag?

Does it fit in your pencil case?

