



Activities for Transition

WHAT DO I NEED TO TALK ABOUT?

Why?

There are a lot of things that could be playing on your mind when it comes to going back to school or starting somewhere new. Sometimes it can be helpful to think about and be able to rate which areas are causing you to feel worried, and to also acknowledge the areas that you feel more confident with.

How to: Choose a rating system, such as colour coding, numbering, or labelling. What ever works for you, to show which areas you feel confident or happy about, which areas you have some concerns in, and which areas may be causing you to feel worried or anxious.

Choice and Control

Sharing Ordinary Places

Being Someone

Contribution

Belonging

Key:

What it will be like	getting there	The teachers/staff	getting lost
previous experiences	meeting new people	being behind in lessons	being late
Friendships	The work	not being prepared	feeling overwhelmed
Feeling ill	leaving home	new routine	Getting things wrong
things at home	keeping up with work		

Anything else?
Add your own thoughts to the blank boxes...

For more information about how we could work with you please contact:
IF@suffolk.gov.uk

