

WELLBEING
IN MIND TEAM



How

when



About Me

Complete the page so your new teachers know all about you.

My name is
I like to be called

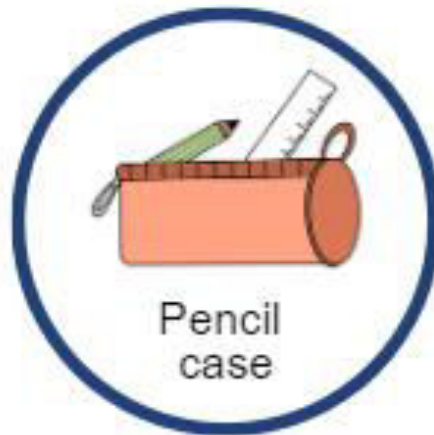
Things I like

Things I don't like

How to help me

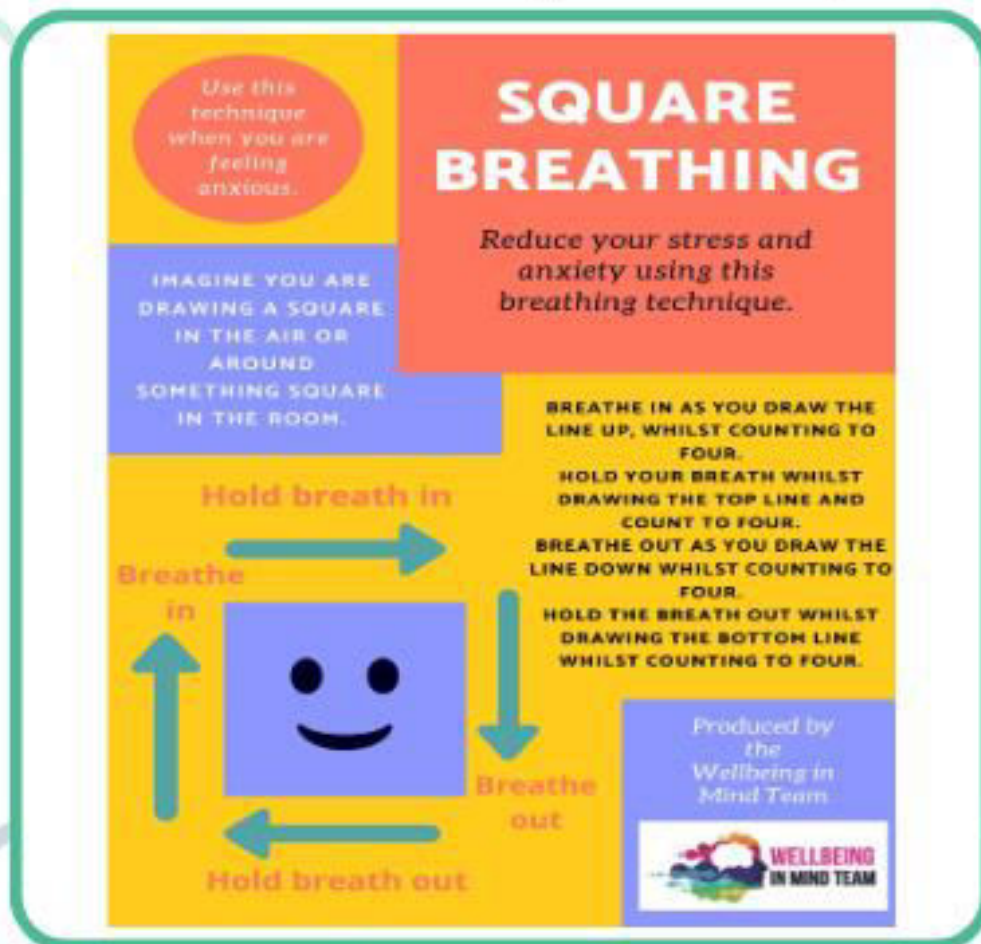
Checklist

On your first day, make sure you take these.



Managing Worries

If the thought of starting a new school is filling you with worry, that's normal and that's ok. Try some of these ideas if those worries feel too big or too scary.



Use this technique when you are feeling anxious.

SQUARE BREATHING

Reduce your stress and anxiety using this breathing technique.


IMAGINE YOU ARE DRAWING A SQUARE IN THE AIR OR AROUND SOMETHING SQUARE IN THE ROOM.

BREATHING STEPS:

- BREATHE IN AS YOU DRAW THE LINE UP, WHILST COUNTING TO FOUR.
- HOLD YOUR BREATH WHILST DRAWING THE TOP LINE AND COUNT TO FOUR.
- BREATHE OUT AS YOU DRAW THE LINE DOWN WHILST COUNTING TO FOUR.
- HOLD THE BREATH OUT WHILST DRAWING THE BOTTOM LINE WHILST COUNTING TO FOUR.

Diagram: A central blue square with a smiley face. Four arrows point outwards from the square: up (labeled "Breathe in"), down (labeled "Breathe out"), left (labeled "Hold breath in"), and right (labeled "Hold breath out").

Produced by the Wellbeing in Mind Team



Mindfulness colouring.



Music is good for the brain. What songs do you like? Write down your own favourite songs and listen to it on you way to your first day of high school.

1.

2.

3.

4.

5.

1:24

3:11



Making friends

Starting high school will introduce you to lots of new people, some you might like and some you might not.

Be yourself

The right people will like you for who you are. Don't be friends with someone who doesn't make you happy.

Be brave

It might be scary, but you might have to start conversations with people. Start with a hello or a wave.



Be friendly

Smile at people and ask them questions. You could ask what they like doing at the weekend.



Clubs

Try joining a school club to find people who have the same interests as you. Look on the school website to see what clubs there are.

For the grown ups

Try to fill in the spaces below with pictures to help your child with the new changes to expect.

Key people

Who they are

School map

Daily timetable

Weekly timetable

Who we are

We are the Wellbeing in Mind Team. We are a school based mental health support team. We work for the NHS with your school to promote positive mental health.

What we do

We provide **free** mental health support in your school. This is through

1. Whole school approaches, such as assemblies and staff training
2. Informal advice for teachers to ask questions and ask for support
3. Interventions for children with low mood and anxiety

How to get our help

Speak with a teacher about any problems you or your child are having, ask for Wellbeing in Mind Team support. They will then speak to us about the problem, and we can provide support. This may be through **signposting** to self help, **referring** to other services, or **working** with your child ourselves.

Wellbeing in Mind Team

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