



**WELLBEING
IN MIND TEAM**

Transitioning to High School

Advice and tips for looking after
yourself when moving into high
school

Top Tips

There's a lot to think about when starting at a new school, these are our top tips on how to deal with the new changes.

Plan a visit

You may have visited the school on an open evening or on an induction day. If not, see if you're able to visit the school and meet some of the staff.

Make a list

Make a list of any new equipment you might need.

Questions

Make a list of your questions so people can help answer them.

Map

Can you get a map of the school layout?

Plan your travel

Look at how you're travelling to school (bus, walk, car) and try out your route.

Get organised

Use our checklist to make sure you have read and packed everything you need.

Research

Read about your new school on their website.

Checklist

Get organised and make sure you're prepared for your first day. Go down the list and tick off when you've done each job.

- Pack your new bag** 
- Plan your new route** 
- Prepare your uniform** 
- Get into a good sleep routine** 
- Look at the school map** 
- Practise buying food** 
- Collect stationery** 
- Read about the school** 

My New School

One way to get excited for a new school is to discover the new school. Try and answer the sentences about your new high school.

My new school is called

The journey to my new school takes

It is different from my old school as

My new school is special because

I am looking forward to

Summer Self Care

The summer before you start high school can be hard, you might have a lot of worries in your head. That's why it's important to look after yourself and your mental health, and do some summer self care.

Self care is all about doing things that make you feel good or make you feel calm. Here are some activities to try and help lift your mood over the summer.

take care
of your mind

you're doing great!

it's okay to
feel your
feelings

Activity 1

Sometimes it feels easier to be negative than to be positive. However, just thinking or writing something positive can change your mood instantly.

On the lines below, write 10 positive things about yourself to lift your mood and to read next time you feel down.



1. _____
2. _____
3. _____
4. _____
5. _____

6. _____
7. _____
8. _____
9. _____
10. _____

Activity 2

Music is great for the brain. It helps distract us, brightens our mood, and gets us moving. Write down your own feel good playlist below and listen to it on you way to your first day of high school.

1. _____

2. _____

3. _____

4. _____

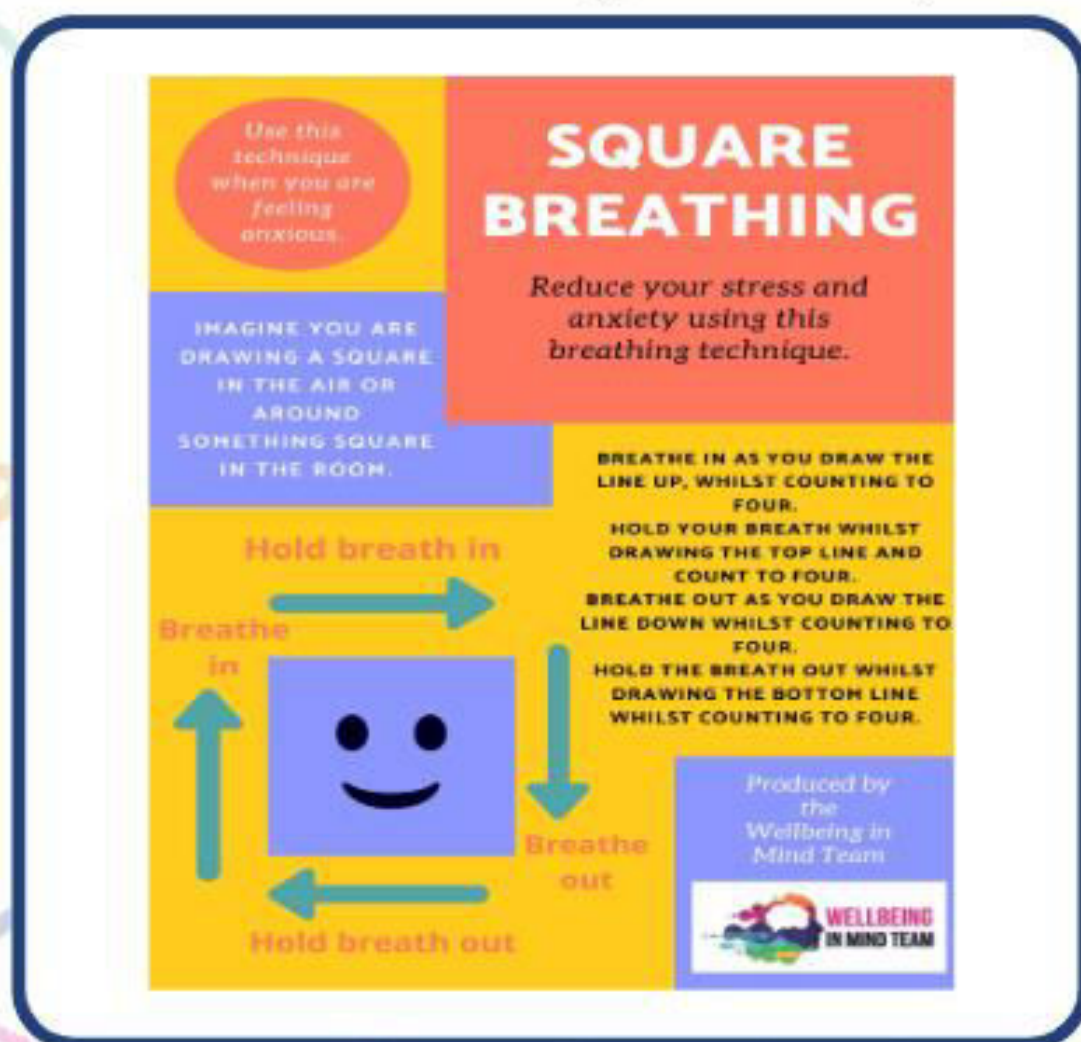
5. _____

1:24 3:11

⏮ ⏸ ⏭

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.



The infographic is titled "SQUARE BREATHING" and is designed to help manage anxiety. It features a central diagram of a square with a smiley face inside, surrounded by four arrows indicating the breathing cycle: up (Breathe in), right (Hold breath in), down (Breathe out), and left (Hold breath out). The text is organized into colored boxes: a yellow box at the top left explains when to use the technique; a red box at the top right states the purpose; a blue box on the left describes the visualization; a yellow box on the right provides the four-step breathing instructions; and a blue box at the bottom right credits the Wellbeing in Mind Team.

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.

Breathe in

Hold breath in

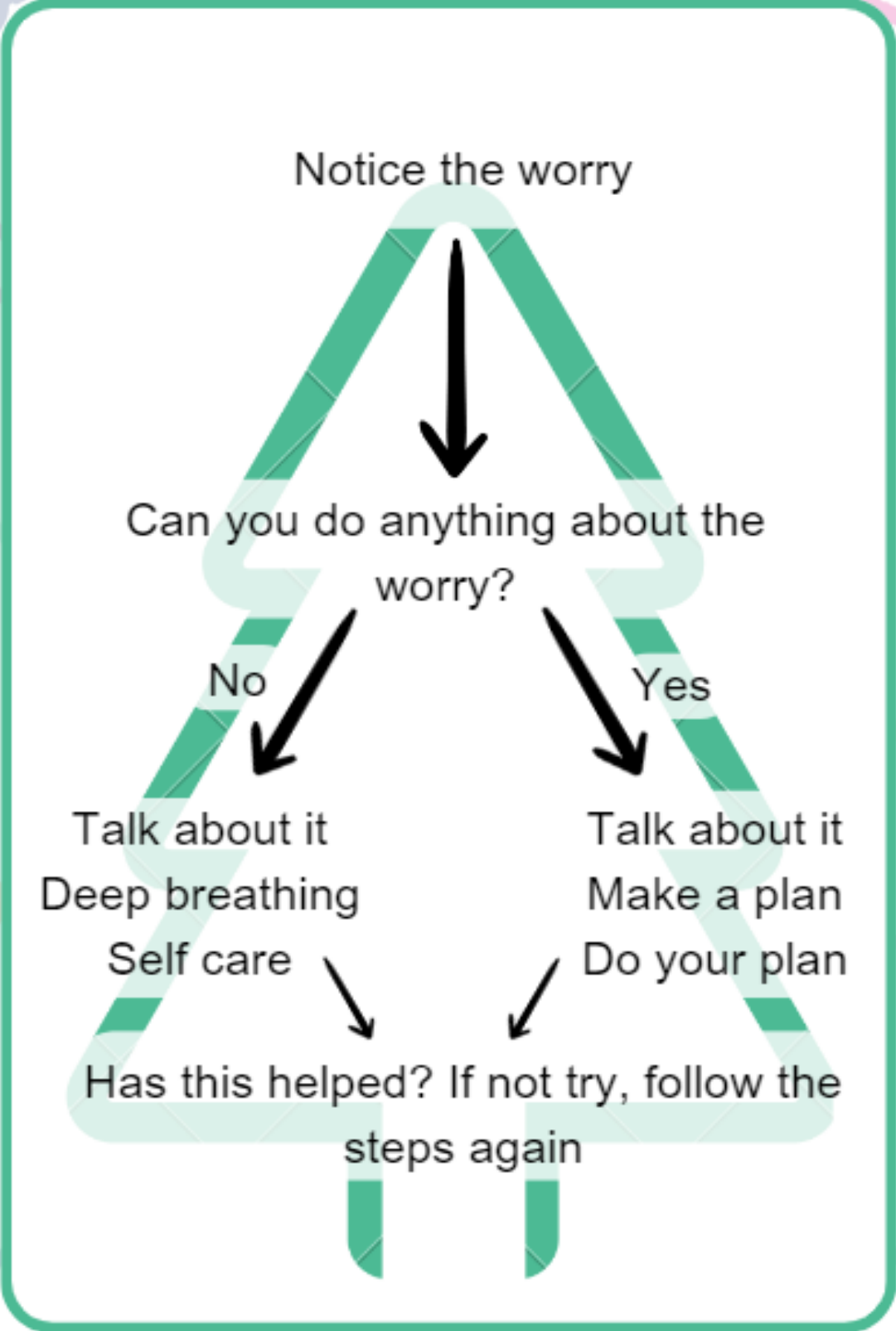
Breathe out

Hold breath out

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.

Produced by the Wellbeing in Mind Team

WELLBEING IN MIND TEAM



Making friends

Starting high school will introduce you to lots of new people, some you might like and some you might not. Don't feel scared if you don't find someone straight away!

Be yourself

Don't pretend to be someone you're not. The right people will like you for who you are.

Clubs

Try joining a school club to find people who have the same interests as you.

Be friendly

Be nice. Smile, ask questions, don't just sit on your phone.

Be patient

It might take time for people to come out of their shell or to find the right friends. Don't force it!

Be brave

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

Number

It doesn't matter how many friends you have.

Questions

We have tried to answer any questions you might have below. Have a read.

What do I do if I get lost in school?

If you don't know where to go, ask a teacher or older student for help. They know the way.

How many teachers will I have?

You will probably have a different teacher for each lesson, not just one teacher for them all.

What do I do for lunch?

You can bring a packed lunch or buy food from school. They put money on an account with your thumb.

What if I get bullied?

Speak to a teacher or grown up at home if people are unkind or bullying.

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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