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The PiXL Club Ltd in partnership with Hachette UK

Workbook



Session 4

Make the change- Starter

This week I am grateful for

Things do change; we change

Henry David Thoreau

Slide 3 -6

What is change?

In life, we go through many different changes or 'transitions'. Here are some examples:

-
-
-
-
-
-
-
-

How can you face change and be prepared?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Slide 10

Making the change

Before you make a change, it is good to look back as well as look forward. Doing this can help you to see how far you have come! You started primary school when you were just 5 years old – you couldn't read or write back then!

School memories

Name three things that have changed the most about you since you started primary school.

1.

2.

3.

What will you miss most about your old school?

What are you most concerned about in your new school?

Slide 13

New school

Write down three things that you are really excited about doing in secondary school.

Write down three worries you have about secondary school.
Speak to someone you trust about your worries to help you feel better.

Slide 14

Life is a journey...

Build on who are and what you have done in primary school...

Use it as a stepping stone to help you achieve, and enjoy a new school and environment.

What are the things that you have already done at primary school that you would like to build on?

Slide 15

6 Top Tips for making the change

1.

2.

3.

4.

5.

6.

- Find a recipe and work out the ingredients that would be needed for 30 people.
- Design a new logo for St Wilfrids

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Session 5

Lost but not lost

**Remember when Matthew Syed talked about a ‘growth mindset’?
Now is the time to remind yourself of that!**

Change the statements on the left so that they are positive and hopeful. Your brain sometimes tells you negative things that are not based on fact. Your job is to tell your brain that there is another way to think and that it is wrong sometimes!

Statement	Transform it!
I won't ever fit in.	This is not true – I will find people who are like me; I just need to find them!
I will always be lost.	
I can't do these subjects.	
I won't make friends like I had in Year 6.	
I miss my primary school.	
One of your own:	

This is the Triangle of Trust

Write down who is in your Triangle of Trust.
Put their names on the triangle.

Who can you talk to about different things?

What three things makes you feel happy and good?

- 1.
- 2.
- 3.

Where is your safe place
to just relax?

Mr Burton's Triangle of Trust:

