

be  
awesome  
some **big** GO  
Workbook



The PiXL Club Ltd in partnership with Hachette UK



## Starter – Lost but not Lost

This week I am grateful for

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***Gratitude is the sign of  
noble souls***

***Aesop Fables***

Slides 2 - 5

# Have you ever felt lost? When might you 'feel' lost?

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## 10 reasons you don't need to worry about being lost

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Slide 6 - 8

Being physically lost is more obvious, but sometimes we can also feel emotionally lost.

Write 4 of these signs

1.

2.

3.

4.

If you are worried then sometimes you can experience

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## Slide 9

**Remember when we 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:	

Slide 10

## Some ways to help when you feel both kinds of 'lost' – emotionally and physically!

1.

2.

3.

4.

5.

6.

Slide 11 -13

## This is the Triangle of Trust

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

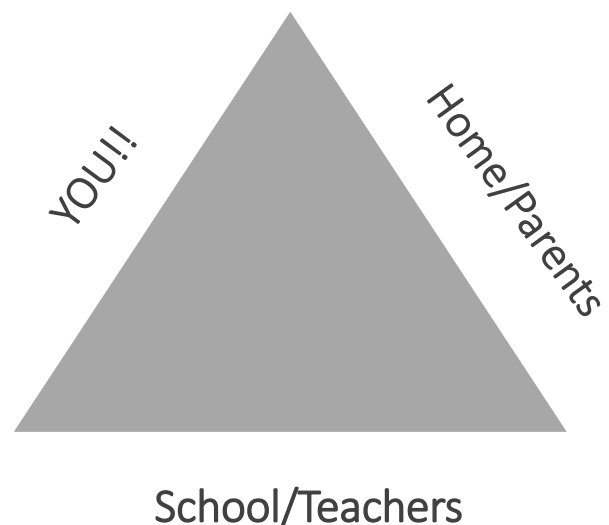
Who can you talk to about different things?

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:**



- Write a letter to reception children starting at your primary school.
- Tell them the best things about the school
- What they have to look forward to during their time there

Hand in the letter to your Year 6 teacher to pass on