



THINKING

BACK



LOOKING

FORWARD



A creative guide to help
you on your journey to
secondary school.

By artists, Holly Davey & Lucy Dickson.

Hello!

Welcome to Thinking Back, Looking Forward, a book of fun activities to help you with the steps between primary and secondary school. It's a big transition with lots of feelings of uncertainty. There is no right or wrong with any of these activities. They are to help you feel a little more certain, a lot more confident and much more you.

Things you will need...



Pencil/ Pen - Paper - Scissors
Glue - Phone/Camera

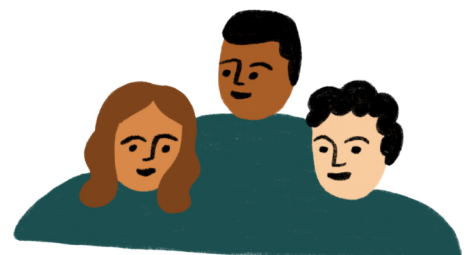
Things you might like to use...



Card - Colour Pens - Colour Paper
Colour Pencils - Paints - Crafty Bits

Who could you do this with?

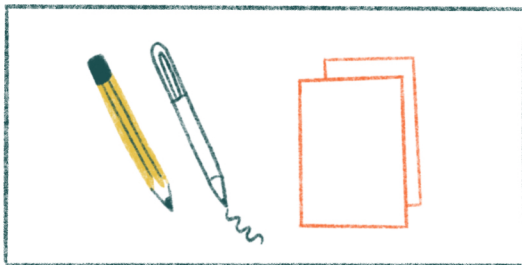
For each activity we will let you know if you can do it by yourself or with a friend, relative or guardian. But remember to ask for help if you need it.



TASK 1

Connecting To Yourself

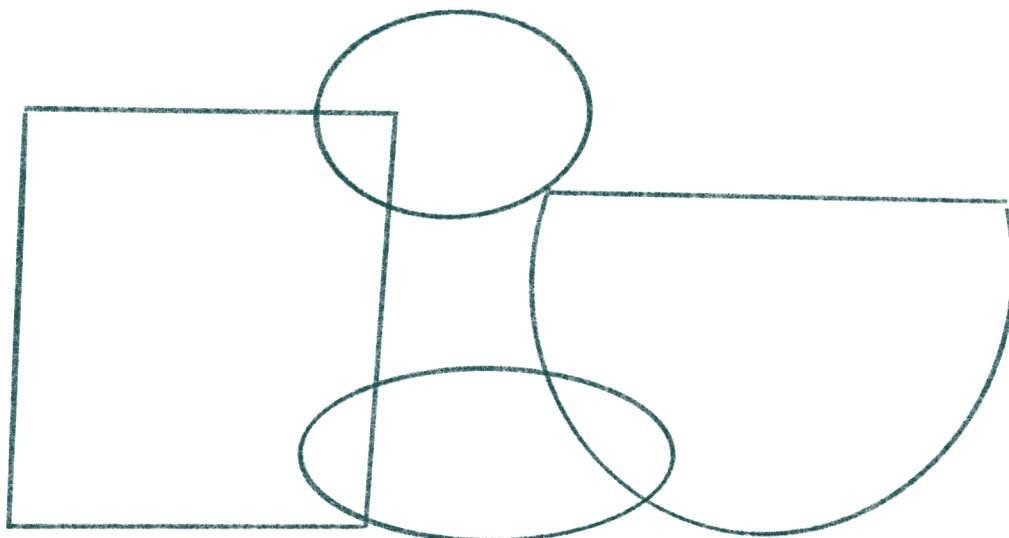
What you need:



- 1 Find a piece of paper.
- 2 Copy the shapes illustrated below.
- 3 Being as creative as you like, use the shapes and space on your paper to write or draw the following:



your name
contact details
favourite colour, snack and
most loved game.



TASK 2

Best Bits

What you need:



- 1 Find a quiet space on your own.
- 2 Sit for five minutes and remember all the things you love about your primary school.
- 3 For example, the playground; story time; a school trip; singing in the hall. Notice how many positive memories you have.
- 4 Find a piece of paper, and using the comic strip layout below, draw your three favourite moments.
- 5 Write any key words about these moments and what made them stick out for you.

Draw in the main square.

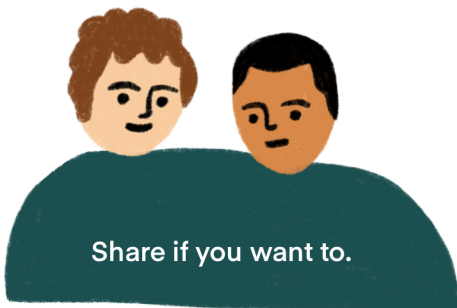
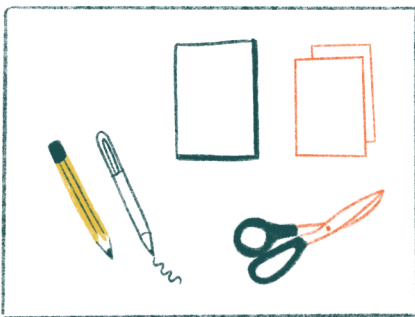


Write your key words here.

TASK 3

Your Strengths

What you need:



- 1 Ask someone you trust what your strengths are and write them down. For example: 'you are kind' or 'you are a good listener'. You can do this task on your own if you prefer.
- 2 On another piece of paper or card, copy the star shape from this page, make it as big as you like.
- 3 Once you have your star shape, choose your top five strengths.
- 4 Write or draw one strength for each point of the star, you can decorate it too!
- 5 Cut out the star and place it somewhere so you can see it everyday.



TASK 4

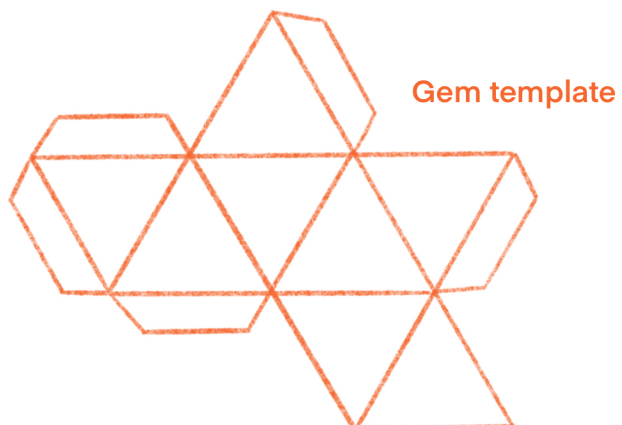
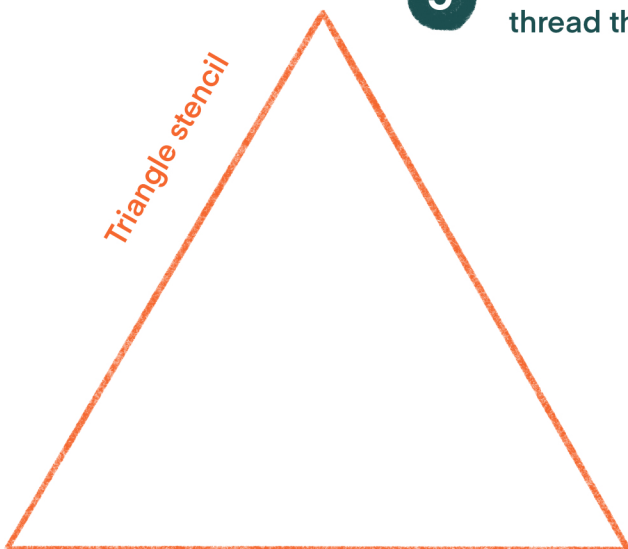
Be Yourself

It is always important to be yourself and understand what makes you happy. This exercise will help you to remember what makes you, you!

What you need:



- 1 Find a piece of paper, trace the triangle shape and cut it out.
- 2 Then using your triangle as a stencil, draw out the template.
- 3 In each triangle of the template, draw the answers to these statements about yourself.
My favourite place is...
I like to listen to...
My favourite food is...
I am happiest when...
My favourite thing to do is...
I feel passionate about...
I like to wear...
My hopes for the future are...
- 4 Cut out your template and fold along the lines, it's up to you if you want your drawings on the inside or the outside. Then glue each tab to the corresponding edge.
- 5 Hey presto! You have a gem! You can decorate it if you like, thread the top and hang it somewhere special.



TASK 5

Excited? Nervous?

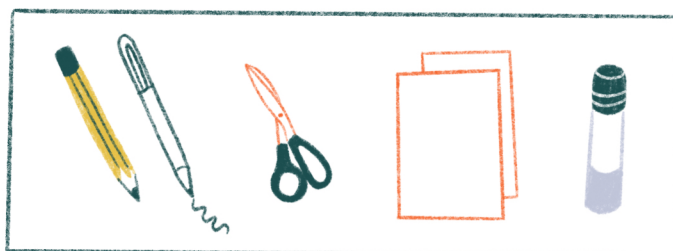
This task is to notice how you feel about going to secondary school. What is making you feel excited? What is making you nervous? These feelings can sometimes feel the same. Once you can pinpoint a nervous feeling, you can then change how you respond to it.

PART 1

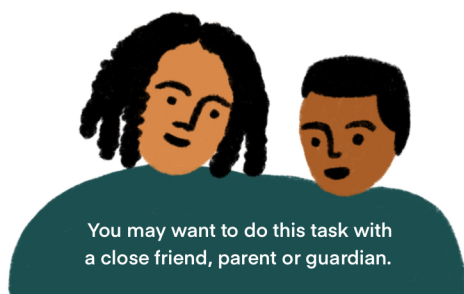
- 1 Cut up some pieces of paper and write one of the following phrases on each piece, add your own if you like.

Making friends - Finding my way around - Getting to school - Homework - Learning my timetable - Being on time - Learning new subjects - Knowing the rules - Being able to do my work

What you need:

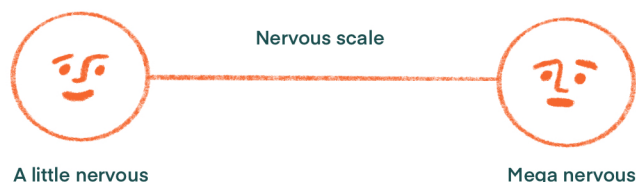


- 2 On another piece of paper write nervous on the left and excited on the right.
- 3 Gather your phrases into a pile, take each phrase and place it on either nervous or excited, some may end up in the middle as they may make you feel both.



PART 2

- 1 Now for the scale, draw out your nervous scale like the one on this page.
- 2 Take each of your nervous phrases from part one and place them on the scale from a little nervous to mega nervous.
- 3 Have a look at each phrase. Think about a time when you have been nervous before. What helped you feel less nervous? Did you ask someone to help you or tell a close friend?
- 4 Now take each phrase on your nervous scale and on the back write down what could help you feel less nervous. Once you have done this, feel free to move your phrases down the scale.

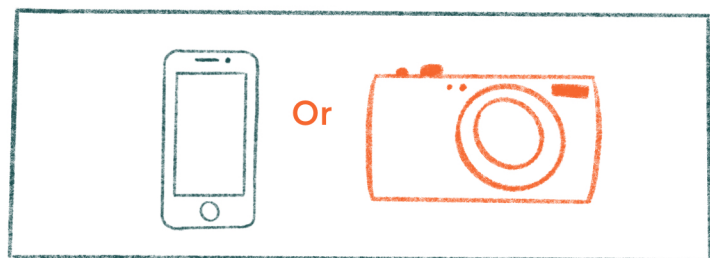
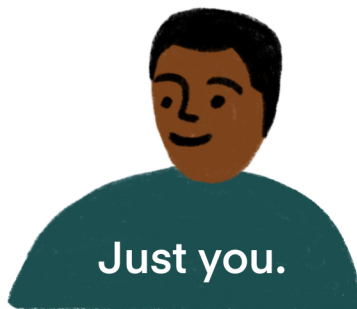


TASK 6

Be Prepared

Secondary school can be overwhelming, with everything being new, it's hard to remember who and where things are. This activity might help make it easier.

What you need:



- 1 Collect together all the things you might need to create your basic everyday kit for school. For example, stationary, notebook, water bottle. What else might be good to have in your bag?
- 2 Lay them out on the floor and take a photo. Note down what is missing or what else you might need so you can get ready for going back to school.

This can be done as your school bag changes, it's great to have a visual list to help you remember what you need.

TASK 7

Rebooting

This is a great activity to help you be present in your body and to find your inner calm. All you need is your body and a bit of space to move in.

PART 1

- 1 Stand with your feet hip-width apart, then slowly close your eyes. If doing this sitting down, then make sure your feet are flat on the floor and your legs are hip-width apart.
- 2 With your eyes closed and your feet on the floor, slowly shift your body around so you can feel the changes in where your weight is. Find a place where your body feels comfortable.
- 3 Once in this resting place, move your weight onto one foot. Lift the other foot up and feel all parts of your foot leave the floor. If you are sitting, slowly lean all your weight into one side of your body and take your foot off the floor.
- 4 Balance there for a moment and take a breath in and a breath out.
- 5 When you are ready, as slowly as you can, put your foot back down on the floor, feeling all parts of your foot reconnect.
- 6 Repeat on the other side. When both feet are back on the floor, take a deep breath in and a breath out and slowly open your eyes.



TASK 7

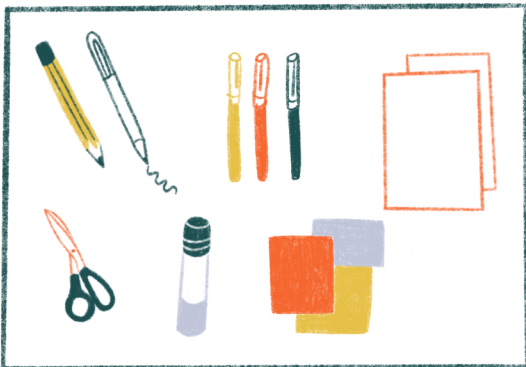
Rebooting

Creating your collage.

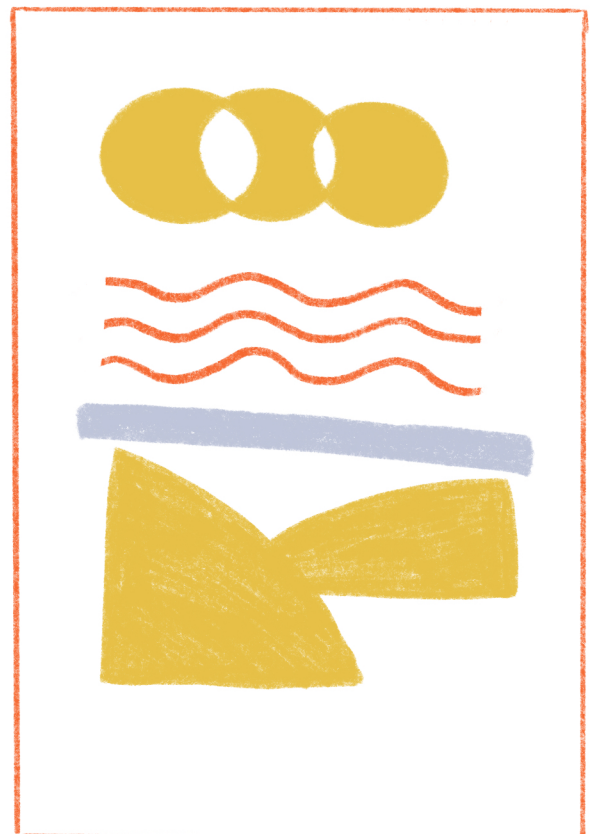
PART 2

- 1 Think about the shapes and colours you could use to express the physical feelings or emotions you felt when you did part one of the task.
- 2 Using colour paper cut out the shapes that represent the physical feelings or emotions. Find a piece of paper and stick down the shapes. Feel free to use paint, colour pencils or felt pens to create any detail on your collage.

What you need/ might like to use:



Share your artwork
if you like



TASK 8

Who Can I Tell?

It's good to know who you can share information with either in-person or online. Some information is private and other information is public.

For example, who would you share these things with:

I don't have a mobile phone - I haven't done my homework - I fancy a girl or boy at school - I hate strawberries - My friends' sister is in prison.

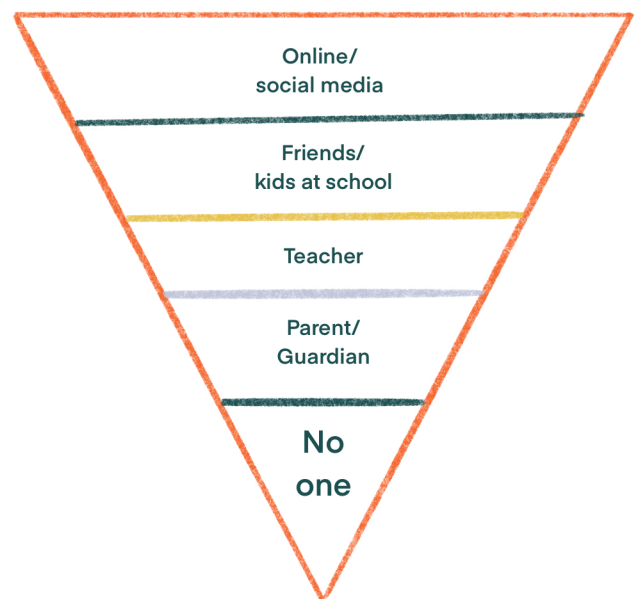
Feel free to add your own examples.

What you need:

- 1 Copy the diagram on this page onto your own piece of paper.
- 2 On a separate piece of paper write out the things you would like to share from the list above and then cut them out. Feel free to add your own, you could use Sticky Notes too!
- 3 Then place them where you think they need to go on the diagram. Share your thinking with your trusted adult.



Do this task with your trusted adult.





Summary

This transition is a big step and will take a while to feel normal so be kind to yourself. Enjoy all the new and exciting opportunities that will come your way, good luck and most of all have fun!

Future Reflective Task:

Just before the Christmas holidays create a bit of space for you. Sit quietly on your own and think about what you have learnt about yourself through this transition to secondary school? What you have enjoyed about secondary school? What did you do well? Where did you need some help? What would you do differently? How can you make a transition better next time? Use some of the activities again if you like, otherwise, just notice your observations about how you managed change but most of all know that you did it! Well done !



Projects for if you're bored...

Project #1

Alternative Self Portrait

Empty the contents of your pockets or personal bag out onto a table. Look at what you have got. Then lay them out, include all the bits of fluff, rubbish, loose change – be honest and use exactly what there is. Once laid out, take a photo. This is a portrait of you!

Or you could collect together all the important things to you. Everything that we use and own reflects our personality. Collect a selection of things that you feel tell us something important about you. For example it might be your favourite top, a photo of someone special, your best pen, favourite book etc... Once you have them all collected together arrange them on the floor and take a photo. This is a portrait of you, share your photo if you want to!



Project #2

Still Life

Once you have collected together the things that mean something to you, you can use them for the next task. Take some time to arrange them next to each other on a table. Think about how they are connected? Is there a story between them? Put the belongings together in a way that creates a story and then draw them. Use felt pens, colour pencils, you can collage using colour paper if you like or use a biro. It might be fun to think about what kind of conversation they would have if they could talk - What would they say to each other? Have fun creating a colourful still life of your meaningful belongings. Share this artwork if you would like to!



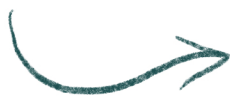
Project #3

Save The Planet - Poster Design

As we all know, caring and protecting the environment is really important. Think about the things that we can do together to save the planet – recycling our waste, eating less meat, using public transport, saving water, consuming less and using what we already have. Take one of these from above and create a poster design. Think about the lettering you use, colours and images that might help raise awareness. Feel free to work with collage or drawing, or it could be a photograph or even a short video – it is completely up to you. Share your poster or put it in your window at home!

* tips for making a great poster.

Catchy slogan



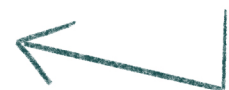
Clear message, bold lettering



Image that supports the message

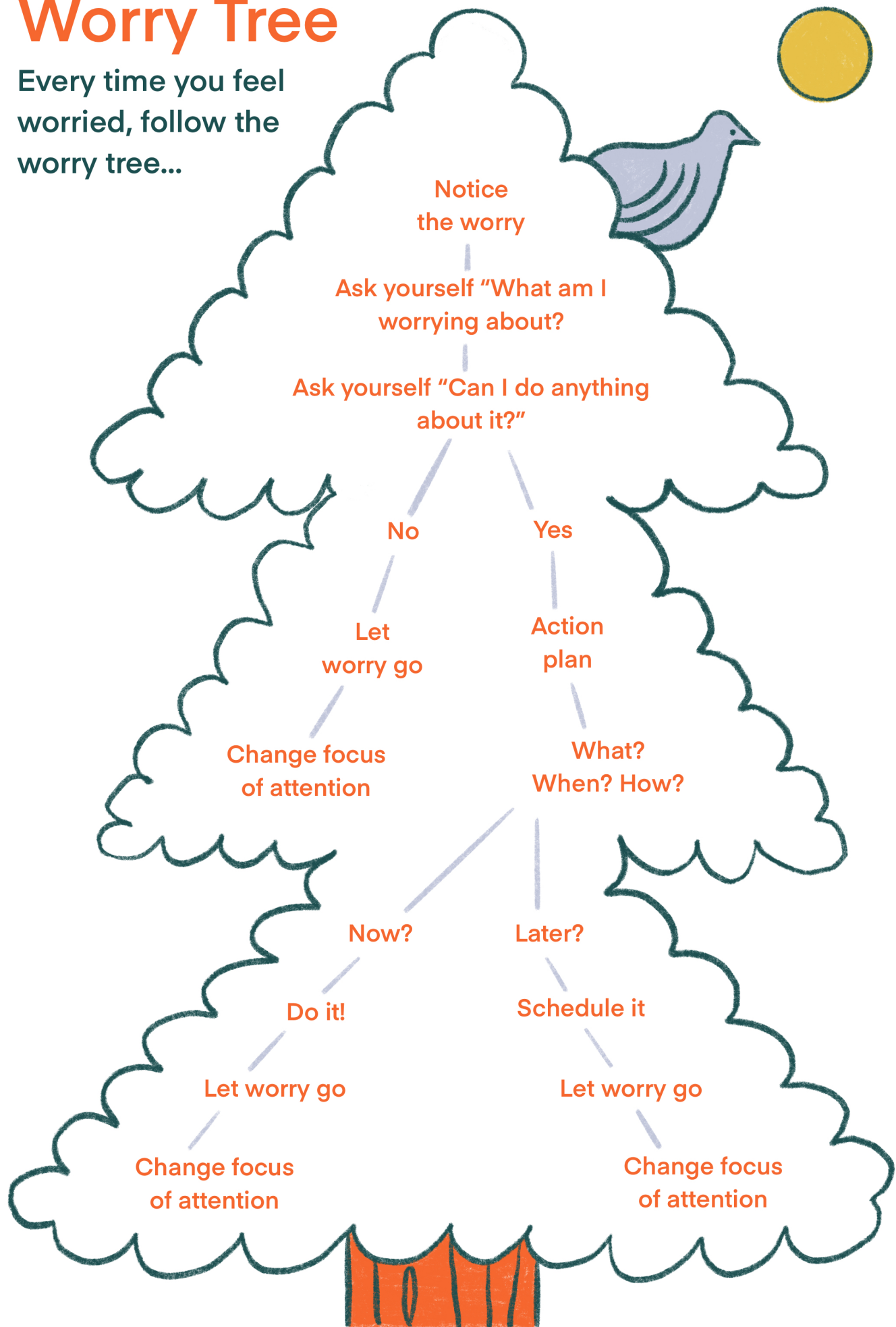


Fun and eye catching!



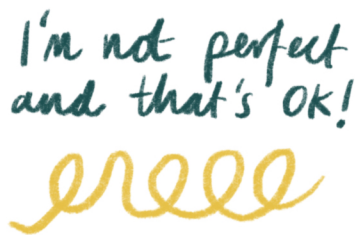
Worry Tree

Every time you feel worried, follow the worry tree...



* DAILY * AFFIRMATIONS

Things for self-encouragement.



Different
is good.



Here at Arts Active we understand that the transition from primary school to secondary school can be a bit of a nervous time. We hope this pack can offer you a fun and creative way to guide you through your Summer. Enjoy!

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