



# MENTAL HEALTH & TRANSITION




## RECAP

- Staying healthy mentally and physically.
- Emotions we might feel after losing something or somebody important.
- Identifying who we can go to for help and support.

## CRUCIAL KNOWLEDGE

- Changes can be exciting but you might also face challenges and be worried. This is normal!
- There are lots of ways we can help ourselves when we face challenges. By thinking positively, we can support ourselves to achieve.
- Moving to Secondary School is a change that is a very exciting time, but it can also be quite a worrying time
- We can manage our worries and seek help.



### MANAGING FEELINGS

Here are some ways to manage feelings that come with change:

- Talk to a trusted adult like a parent, teacher, or counsellor.
- Write down your feelings in a journal or letter.
- Keep a memory box with comforting photos or items.
- Express emotions through art, music, or crafts.
- Stick to a daily routine for stability.
- Spend time with supportive friends.
- Seek professional help if needed.

## EXTENDED KNOWLEDGE

Mindset is linked to happiness and achievement. People with a growth mindset: confront challenges; have a passion for learning and want to do well; see making mistakes and getting things wrong as a way to learn. Your growth mindset will be very important in secondary school and Year 6

## KEY VOCABULARY

Mental Health	Emotional, psychological, and social well-being.	Life skills	These are skills that help people make informed decisions, solve problems, think critically and creatively, communicate effectively, build healthy relationships, empathise with others and cope and manage their lives in a healthy way.
Mixed Emotions	Mixed emotions are when you feel different or even opposite feelings at the same time about something.	Strategy	A plan of action which will help to achieve a goal.
Anxiety	Anxiety is a feeling of worry, nervousness, or fear about something that might happen.	Transition	Transition is the process of changing from one stage, place, or situation to another.