

# Transitions toolkit

Starting secondary school is a time of significant change in a young person's life.

It can be a very exciting time, but it can also have its challenges, with young people adapting to a new school environment, new teachers and new classmates.

Leaving secondary school to go into further education, university or work is also a significant transition for young people. With the extra uncertainties brought on by the coronavirus pandemic, young people may feel anxious about what awaits them after they leave school.

In this toolkit, we've collected together resources to help schools welcome their new students, as well as resources to help prepare young people for leaving school.

We've also included some resources for schools to share with parents and carers, with advice on how they can support their children as they go through these transitions.

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**Anna Freud**  
National Centre for  
Children and Families

## Resources for students & staff

**Teacher resources for students transitioning to secondary school – BBC & YoungMinds**

Videos and accompanying teacher guides to help new students settle into secondary school and deal with the changes that come their way.

[Go to resource](#)



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## **Moving Up! The transition to secondary school – Anna Freud Centre**

An animation and teacher toolkit to support students who have recently joined Year 7.

[Go to resource](#)



## **Transition passport – Mentally Healthy Schools**

New students can complete this passport activity to introduce themselves to their new teachers. If your school has links with local primaries, the children could complete it and then share it with you before they start.

[Go to resource](#)



## **Find your feet: transitions activity for Year 7 pupils – YoungMinds**

During periods of change, emotions can build up and become overwhelming. This activity explores techniques for proactively managing your emotions.

[Go to resource](#)



## **Know before you go: guide to navigating university life – StudentMinds**

A detailed guide for young people about what to expect from university life.

[Go to resource](#)



## **Developing a growth mindset activity – Enhancement Themes**

A worksheet and lesson plan looking at scenarios young people may experience in further or higher education, and how to develop a growth mindset to deal with them.

[Go to resource](#)



## Learning about career sectors – Youth Employment

Help young people feel more confident about leaving school and joining the world of work with this lesson.

[Go to resource](#)



## Resources for parents & carers

### How to support your child practically – BBC

Dr Anna Colton, child and adolescent psychologist, offers her practical tips to parents on how to best support children who are transitioning from primary to secondary school.

[Go to resource](#)



### Helping your child prepare to leave school - My World of Work

Advice for parents or carers of students with additional learning needs as they prepare to leave school.

[Go to resource](#)



### Supporting your child with school anxiety and refusal – YoungMinds

Secondary school brings a new set of challenges for young people, which can increase anxiety. These tips share simple advice for parents to help their children if they're worried about school.

[Go to resource](#)



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