



Coming to terms with school changes linked to Coronavirus

A guide for Year 6 Pupils!

Making Sense of it

So, you've found out that your Primary School is closing suddenly and you might not be doing things that were planned in Year 6 as you had expected.



You might be feeling

Sad that you might not be seeing our friends and teachers again;



Worried about what this will mean for Secondary School;



Frustrated because you have worked so hard in Year 6;



Confused about what all this will mean for you.



You are not alone in these feelings, they are all **normal**.

When things change suddenly, we can feel a sense of **loss**.

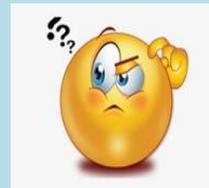
But we humans are resilient and when difficult things happen, they can help us to grow.



TIME TO REFLECT



1. What has been the best experience you have had in Year Six?
2. Think of three things you have learned in Year Six that you are really good at?
3. Think of a challenge in school you have overcome, and how did you do this?
4. Think of the special relationships that you have made in Primary School. Can you make a list of all of these people and why they are special to you?
5. Thinking ahead, what kinds of things would you like your Secondary school to know about you?



What can you do Next?

- ✓ Talk to an adult you trust about how you are feeling.



- ✓ Keep in touch with your friends. There are lots of ways to stay in touch even if you cannot meet face to face.



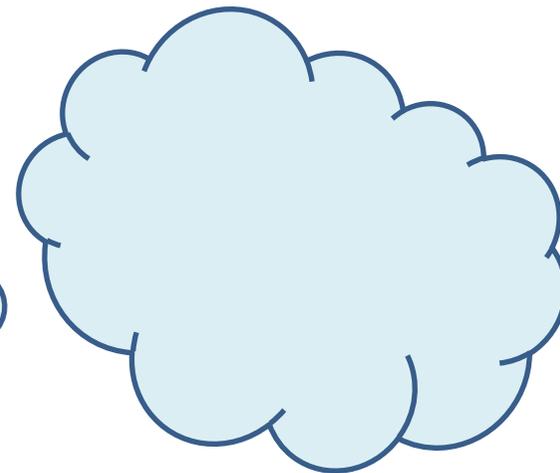
- ✓ Look after yourself. There are lots of ways to do this such as keeping active, listening to music, eating healthy food and doing activities you enjoy.



- ✓ Routines are helpful. Ask an adult to help you plan your day!



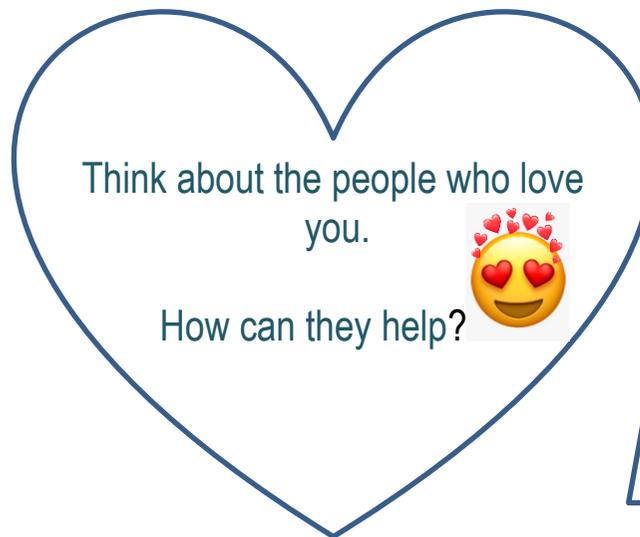
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In the future I want to.....

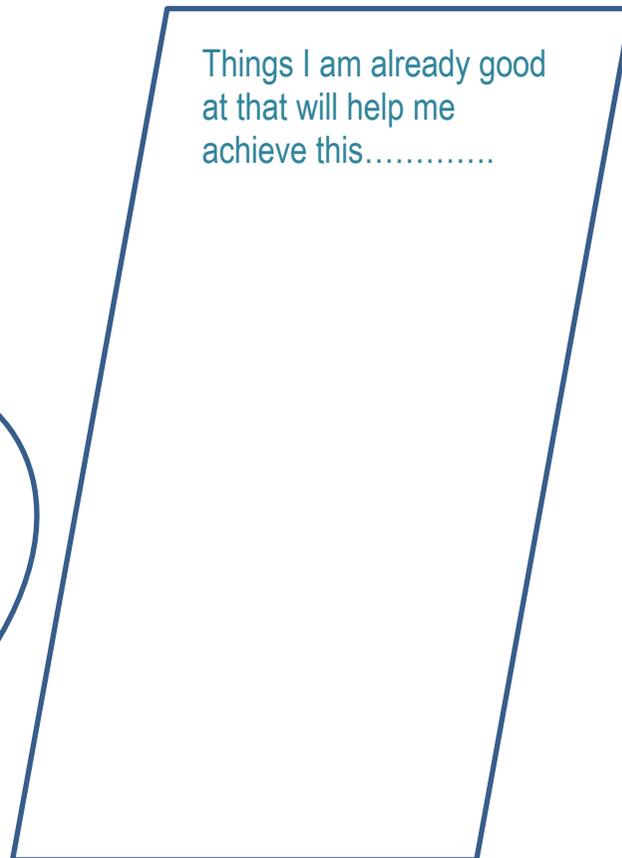


To get there I am going to need



Think about the people who love you.

How can they help?



Things I am already good at that will help me achieve this.....

Some helpful Apps and Websites!

Headspace (App for mindfulness)
www.bbc.co.uk/cbbc www.kooth.com
www.nopanic.org

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