

# Coming to terms with school changes linked to Coronavirus A guide for Year Six 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 see your friends and teachers again;
- Worried about what this will mean for Secondary School;
- Frustrated because you have worked so hard in Year Six;
- 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!



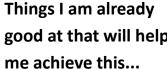


### Vision Board

To get there I'm going to

need...

Things I am already good at that will help





Headspace (App for mindfulness)

www.bbc.co.uk/cbbc

www.kooth.com

www.nopanic.org

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