

# 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



In the future  
I want to...

To get there I'm going to  
need...



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



Think about the  
people who love you.  
How can they help?



## Some helpful Apps and Websites!

Headspace (App for mindfulness)

[www.bbc.co.uk/cbbc](http://www.bbc.co.uk/cbbc)

[www.kooth.com](http://www.kooth.com)

[www.nopanic.org](http://www.nopanic.org)

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