

# HIT THE GROUND RUNNING

## TRANSITION INTO HIGH SCHOOL



### **HIT THE GROUND RUNNING**

*Transition into Secondary School*



TEACHER  
RESOURCE  
KIT

## Contents

Aims and Objectives .....	page 2
Some facts.....	3

### Student Worksheets

1. Changes .....	5
2. Memories .....	8
3. Get to know someone .....	9
4. Peer Pressure .....	10
5. Values .....	11
6. Empathy .....	12
7. Resilience .....	13
8. Resilience Test .....	14
9. Resilience Results .....	15
10. Robbie the Eagle .....	16
11. Notes .....	18

SAMPLE



**Values for Life**  
**school seminars**

## CHANGES



Life after Grade 6 is a big time of change. Everything can be changing really quickly - new school, new friends, lots of new teachers, more work, more students, your body is changing and growing, choices and decisions to make about subjects, lots of bigger students.

Life is also full of changes – you have probably gone through some big changes already in life. Changes are normal, sometimes enjoyable but sometimes difficult. Learning how to deal with change is an important lesson to learn in life.



**List 3 of the biggest times of your life which were really exciting or enjoyable.  
How did you cope? How did they change your life?**

1. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_



**List 3 of the hardest times of your life which were really tough or painful.  
How did you cope? How did they change your life?**

1. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_

## MEMORIES

It's important to remember the good and difficult times of primary school. Your school life has played a significant role in shaping you as the person you are today. It's also important to remember the good times when life does get difficult, and also remember what or who helped you through those tough times.



**What are some of your most treasured memories of primary school? There are 6 boxes for you to either draw or write about your favourite memories. Try to arrange them from earliest to your most recent treasured moment.**


**Which was your favourite? Why?**

---

---

---

## GET TO KNOW SOMEONE

The first thing some people find difficult when going to secondary school is meeting new people. You don't know what other people are like – and they don't know you. If you're lucky enough to go to a school where you know other people then that can help your confidence. Even if you don't know other people though it does help to have a friendly attitude and be willing to get to know new people.

We are going to have a practice at getting to know more about other people that you might not know very much about.



**First, find a partner or a small group of people that you don't know very well. Take a bit of time to read the questions below and answer them for yourself. Then take it in turn to ask your partner/s the questions so you can report this information to the rest of the class.**

1. What is your middle name? \_\_\_\_\_
2. What is your favourite football team? \_\_\_\_\_
3. What is your favourite show on T.V.? \_\_\_\_\_
4. What is your favourite memory of primary school? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
5. What secondary school are you going to? \_\_\_\_\_
6. Are you excited about going to high school? Why? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
7. Have you got any worries about secondary school? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
8. What do you think will be the biggest difference or change in secondary school compared to now? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
9. What subject are you most looking forward to learning in secondary school? \_\_\_\_\_  
 \_\_\_\_\_
10. If you could do anything when you leave secondary school what would you do or be? Why? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

## EMPATHY

If we want to be a person who thinks of others, then we need to understand this word:  
**empathy.**

**Empathy is:** *thinking about or being aware of the thoughts and feelings of others.*

Having empathy is very important. Empathy is a little bit like ‘sympathy’ (when we feel sorry for someone), but goes one step further. It is when we think, “How would I feel if that happened to me?”



Every day, you are faced with a decision to show empathy or not. Think about how much empathy you show to the people around you. Below are some exercises below that speak of empathy.



An old native American saying is: “Don’t judge a fellow brave unless you have walked a mile in his moccasins.” What do you think this means?

---



---



In a small group complete the following activity:

### CREATE AN AD

**Think...** As a group, brainstorm and choose one thing that you think makes another person valuable or special?

**Now...** Create a jingle, a slogan, or a very short advertisement, that tries to convince people of this.

## RESILIENCE TEST

Answer the following questions as honestly as possible. No one will see your answers except your teacher.



Read the following statements and work out which are true (T) or false (F):

T or F	Question:
	1. I have friends who care about me.
	2. My parent / s are interested about what happens at school.
	3. I am part of a sport or hobby club outside of school.
	4. There is an adult - who isn't my parent or teacher - I could talk to if I was upset.
	5. I know at least one teacher I could talk to if I was upset.
	6. I feel safe at school and bullying is not a big problem for me or other people I know.
	7. I don't feel lonely or left out at school.
	8. I belong to a church or church group (e.g. youth group).
	9. I have a strong belief or faith in God.
	10. I enjoy going to school because there is at least one thing at school I enjoy and look forward to.
	11. I hang out with kids that live near me who are nice and we don't get into trouble.
	12. If I'm in trouble or sad I have a friend my age I could talk to and who would listen to me.
	13. I know at least one teacher I could talk to if I was upset and is interested in my life.
	14. I know an adult – who isn't a parent or teacher – who cares about me and is interested in my life.
	15. I know at least one teacher that knows me and what I'm like when I'm not at school.
	16. I am learning things at school that will teach me and help me as I grow older.
	17. It is easy to find friends to hang out with at recess or lunchtime.
	18. My parent / s really likes me and cares about me. They will try to support me when I'm angry or upset.
	19. I have someone in my class that I enjoy spending time with.