**P7 Transition**

Activity

Watch the Youngminds Video called “Finding Your Feet School Resource” – link below

<https://youngminds.org.uk/resources/school-resources/find-your-feet-transitioning-to-secondary-school/>

This resources was created to reassure you that you’re not alone when it comes to worries/concerns about starting secondary school. There are ways to cope with change and there are people you can talk to if things get difficult.

* What did you think of the video?
* Perhaps you could have a discussion about your thoughts with someone you live with or a friend on the phone?
* Who are some of the people you could talk to at Springburn Academy should you be finding the transition difficult?

****Remember – you are certainly NOT on your own!