

Dealing with change and transitions toolkit Primary



The end of an academic year brings a range of emotions. It is a time for reflection and celebrating achievements, as well as excitement with the summer holidays on the horizon.

However, it is also a time of change and upheaval which can feel difficult and cause anxious feelings.

Some children will have come to the end of their time at primary school and will be getting ready to leave, and the others will be preparing to move on to a new school year next term.

Everyone in school will also be preparing for the shift from the routine of the school day, to no formal education structure across the summer break.

In this toolkit, we've collected resources to help primary pupils deal with change and prepare for the summer break. We've also included resources for those pupils who will be leaving your school, to help them feel more settled and prepared.

We've also worked with education staff mental health charity Education Support on some guidance for staff, to help you look after your mental wellbeing over the holidays.

Resources for pupils: dealing with change

[Self-care summer: primary](#) – Anna Freud

A plan for children to complete ahead of the summer break, to help them prepare and practise self-care over the holidays.

[Understanding change](#) – YoungMinds & Beano

This lesson will help children understand the feelings associated with experiencing change and think about how to deal with it.

[Dealing with change video](#) – BBC Scotland

A short video from BBC Scotland which you could share with pupils to help them think about different types of change and how we deal with them.



Sign up to the
Mentally Healthy
Schools newsletter
for more resources



Anna Freud
Mentally Healthy Schools

Resources for pupils: starting a new year or school

[Moving Up! The transition to secondary school](#) – Anna Freud

An animation and teacher toolkit to help children with the transition to secondary school, helping them work through their concerns.

[Top tips for making friends](#) – Childline

Worrying about making friends is very common for children leaving primary school. This advice from Childline answers some common questions and aims to ease those worries.

[My moving up to secondary school booklet](#) – Compass

A booklet for pupils and their parents and carers to work through together, to help both parents/carers and children feel more prepared for the change.

[Transition passport](#) – Mentally Healthy Schools

This passport activity encourages children to select and present their most relevant characteristics and features to share with their new teacher to support their transition.

Self-care summer: advice for education staff

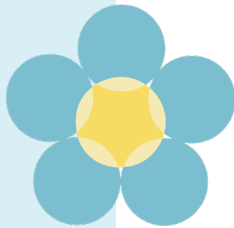
Self-care may not be the easiest thing for education staff to practise. Schools and colleges can be challenging environments to work in at times, and during term time, your focus will be on your pupils and your to-do list.

That's why the summer break can be the best time to develop good self-care habits, so that when term starts again, you may have techniques you can turn to in stressful times.

We have teamed up with [Education Support](#) to produce a guidance booklet and poster to help you have your own self-care summer.



Download the
resources now



Sign up to the
Mentally Healthy
Schools newsletter
for more resources



Anna Freud
Mentally Healthy Schools