



Transition:

Moving to a new class

To start, play this
slideshow from beginning



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We are learning how to manage our feelings about moving to a new class



We will be able to:

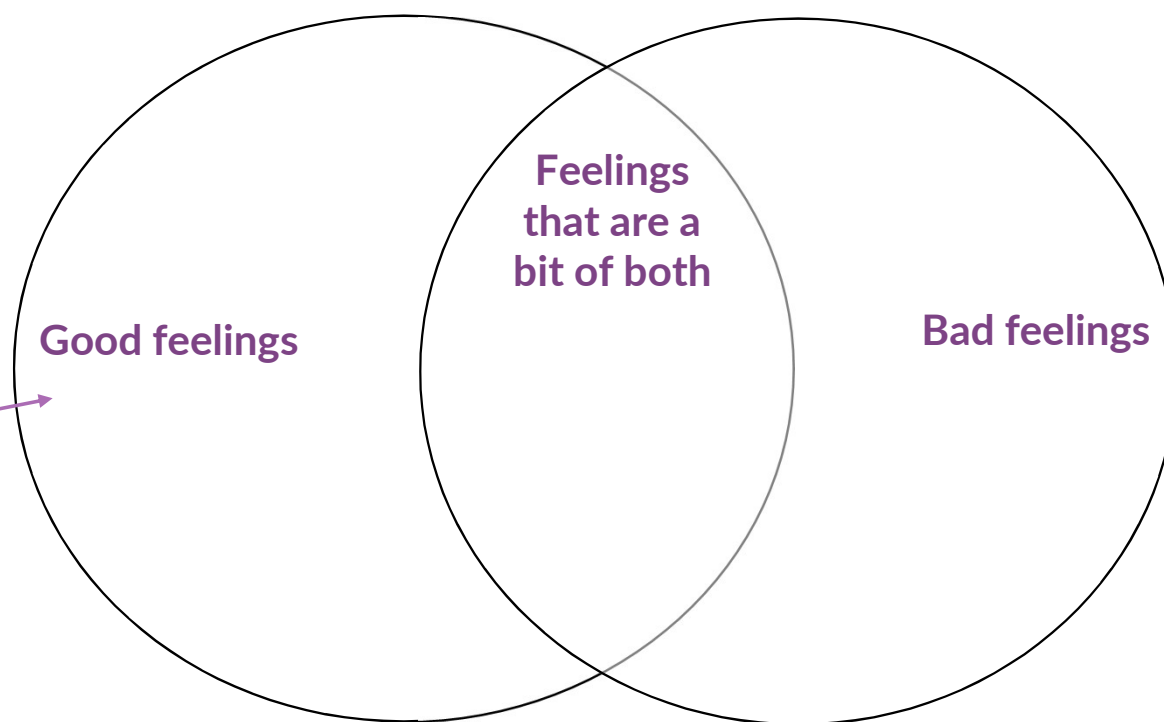
- ✓ identify feelings people might experience when moving to a new class.
- ✓ recognise common causes of worry, challenges and opportunities that may be part of this transition.
- ✓ explain ways to positively manage the move to a new class.

Identifying feelings

River is moving from Year 2 to Year 3 this year and has lots of feelings about the change.

Can you think of any of the feelings that River might have?

In the circles in Resource 1, write down or draw any good feelings River might have, any bad feelings that River might have and any feelings that are a bit of both!



Similarity and difference

Most of the time River feels excited, but also a bit nervous. Think of some reasons why, by writing down or drawing answers to the two questions below.



In what ways will school be the same in Year 3?



In what ways will school be different in Year 3?

Similarity and difference



Similarities might include:

- Friends and classmates
- The school environment (buildings, playground, field etc.)
- Subjects (e.g. Maths, English, Science)
- The help and support available



Differences might include:

- A new teacher (or two teachers)
- A new classroom and place to sit
- A different break time
- New clubs to join
- Changes in friends
- Working independently a bit more

Changes

River has been thinking about the changes that will happen in Year 3.

While there are good things about each change, River has questions about some of the changes.

Using the table in **Resource 2**, or on a piece of paper, note down any positive things about each change and any questions River might have about each change.



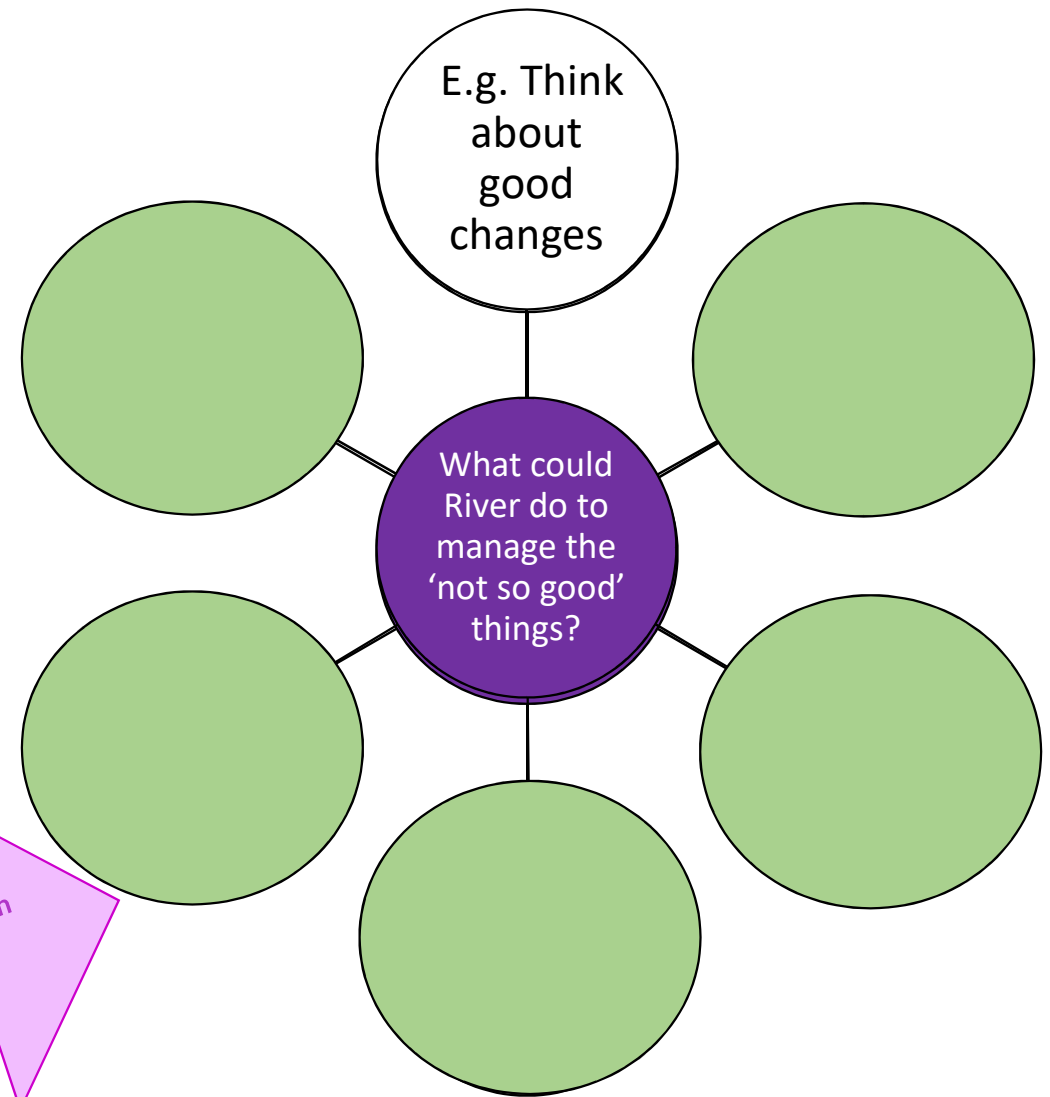
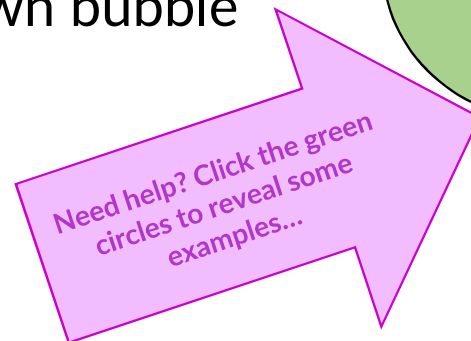
What other changes might River be thinking about or be worried about?

Managing changes

How could River make the 'not so good things' feel a bit better?

E.g. Could River think about all the good changes they have managed since the start of Year 2, to help feel more positive about changes in Year 3?

Add your ideas to the bubble map in **Resource 3**, or draw your own bubble map!



Giving advice



Thinking about all the different ways of managing changes, and any new ideas you have, write a short sentence of advice to two individuals in **Resource 4**.

For each pupil you choose to advise, explain what they could do to help manage their problem.

Then, click each name on the next slide to reveal a possible answer.

Giving advice

Click on the names below to find the answers!

Jemma

Harry

VJ

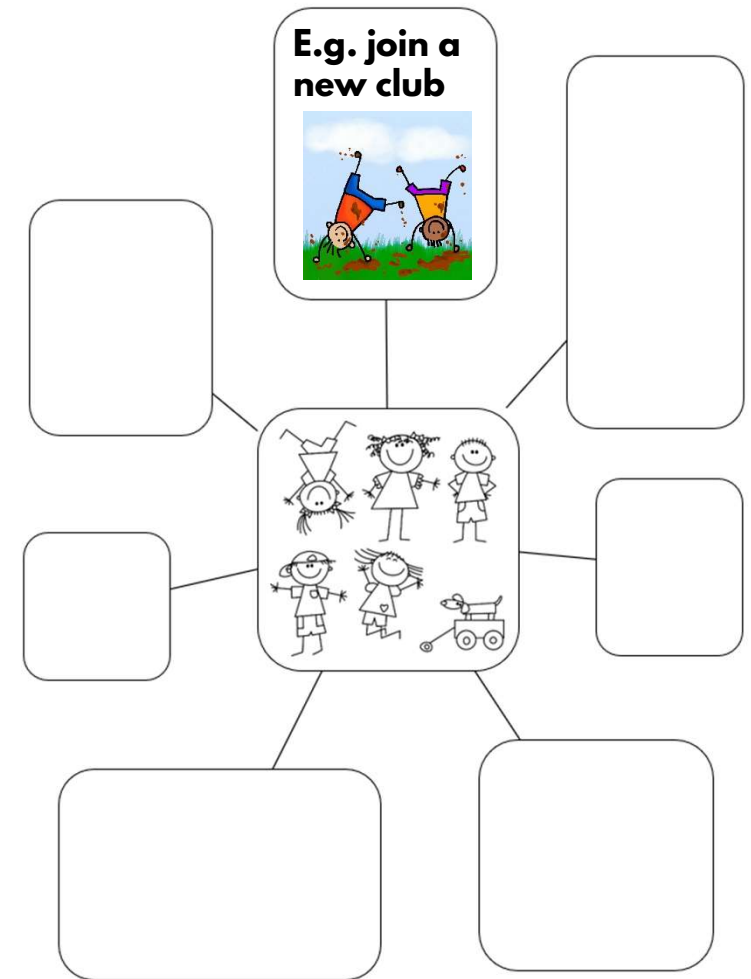
Mateo

Looking ahead

Create a poster of pictures and words showing all of the things River could look forward to in Year 3, as well as all the things or people that can help them.

Use the template in Resource 5 to help you, or design your own!

Once completed, put it up somewhere in your house to remind you of all the exciting things ahead.



Asking for help



Who could River tell, either in school or at home, if something was making them feel unhappy because of the move to Year 3?



Remember, you can always speak to a parent/carer or trusted adult if you are worried or unhappy about the move to key stage 2.