

Vocabulary

transition	A period of change or moving from one place to another.
anxiety	Feeling anxious means worrying about things and feeling unable to control situations.
perception	How we see things.
triggers	Sights, sounds, smells or situations that can cause us to feel anxious or pressurised.
emotions	Our feelings, which can be positive and negative, or both at the same time.
peer pressure	The strong influence of a group, especially of children, on members of that group to behave as everyone else does, so that they are liked or respected by them.

Key Information

- Moving to High School is a time of change for all year 6s. Everyone handles this differently.
- High school is exciting, rewarding and challenging.

Heath Lane Academy



Key Questions

- Why do we feel anxious?
- What will High School be like?
- Will I make new friends?
- Why do I get angry?

Cross Curricular Learning

Resilience and managing anxiety

Learning Journey

KS3

Transition

To discuss the emotions that moving to High School evoke and to understand that these are normal.

To develop strategies for managing these emotions.

To discuss and explore who we can speak to if we need help managing our wellbeing during transition.

Feeling anxious

To discuss what can make us anxious and how this feels.

To explore strategies for managing feelings of anxiety.

Self-perception

To discuss what self-perception means, why it's important and how it can affect us.

To know that it is important to accept ourselves as we are.

Recognising and controlling anger

To explore what makes us angry, when it is we feel angry and how we can control those emotions.



Relationships and Health Education

In KS3 you will continue to deepen your understanding of how to deal with anxiety and mental health issues along with the importance of managing your stress levels.

Year 5

Dealing with adversity

Resilience