



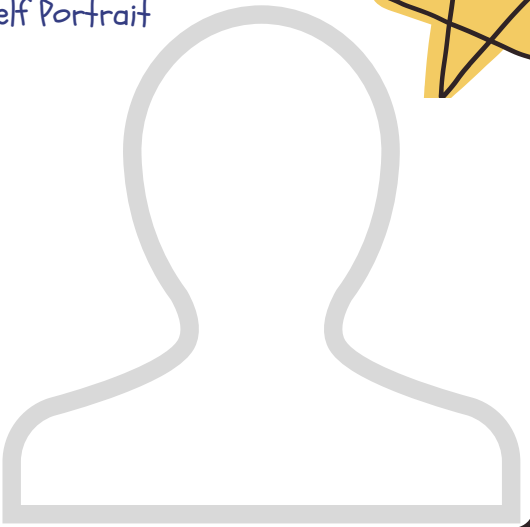
Finding My Way.



This is Me!

I am

Self Portrait



My school

I chose this school because...

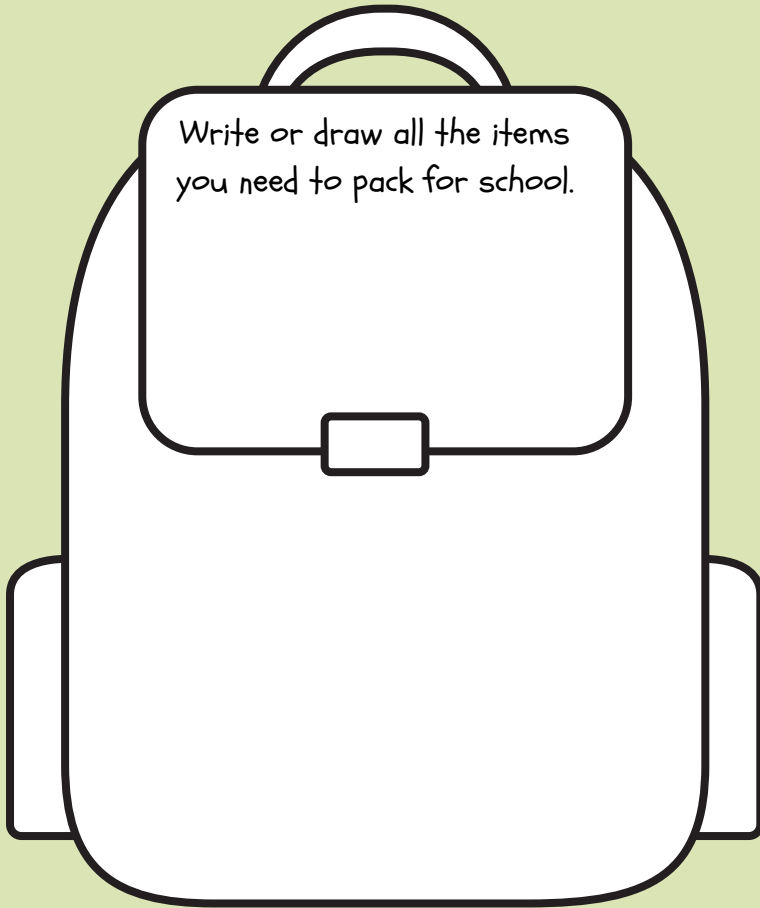
My favorite activities are

My favorite subjects are

My best friend

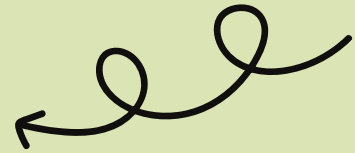
My proudest moment

Be Prepared



Top Tip!

Use your timetable to write down useful notes about the class i.e. teacher's name, who you sit next to, where the class is etc.



Top Tip!

Be yourself, everyone else is taken!



Draw around your hand and list things you are grateful for inside.

Be Thankful



I am thankful for...

Draw around your hand and write things
you are grateful for inside

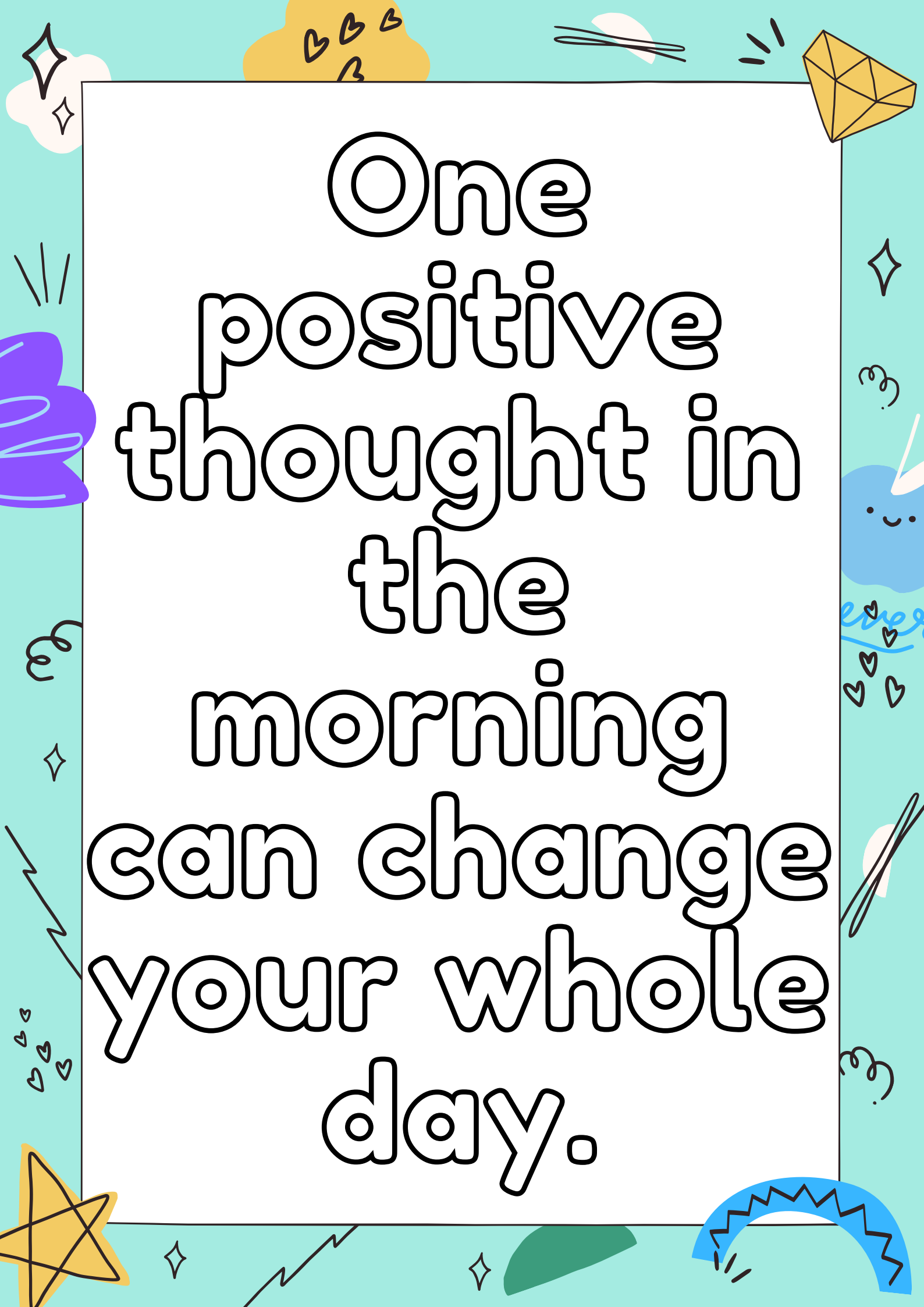


In each finger write:

- 1. What you want to be**
- 2. Thankful for**
- 3. Hobbies**
- 4. Friends**
- 5. What you want to achieve in yr 7**

Favourite memory write/draw in palm

Be aware of your self care



One
positive
thought in
the
morning
can change
your whole
day.

FRIEND INTERVIEW

Pair up with a classmate, and ask them the following questions. Record their answers, and be ready to introduce your new friend to the rest of your class.

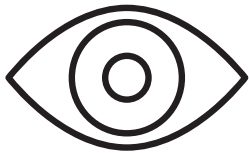
Who they are:

Name:

Birthday:

Home town:

Eye colour:



Hair colour:

Family Details:

Whos is in their family? Do they have pets?

Favourites:

Food:

Animal:

Film:

Hobbies:

Strengths:

Future:

What do they want to be when they leave school?

Why?

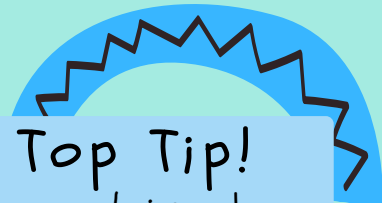
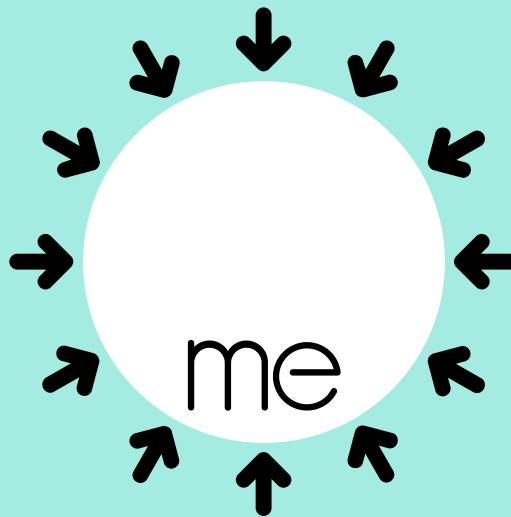
Fun Fact:



FRIENDS

are the family we choose.

Family, friends, school staff and your club coach can all help and support you when you need it. Write down all the people you have around you, who can help you if you have a problem / worry. Why not draw yourself in the middle of the circle too.



Top Tip!

It's your choice and you have control. If you need help, ask someone.

MY days at school



This year is an opportunity to try new things in a new school. Let's look at what goals you want to achieve.

A goal is something you want to do or achieve.

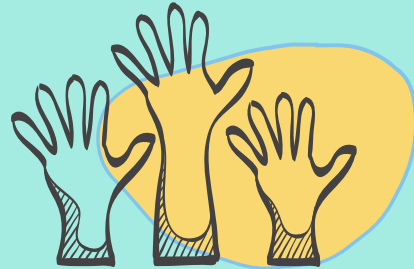
It might take some practice, effort and time to do it.

Write down your goals for the year and what steps you need to do to achieve them. It could be you want to read more and need to make time in your day to do this, you might want to make your own dinner and need some recipe inspiration.



Goal:

What you need to do:



Goal:

What you need to do:

Goal:

What you need to do:

Goal:

What you need to do:

Top Tip!

First say to yourself what you would be; and then do what you have to do. (Epictetus)



I AM Winning



When things are different, difficult or don't work out the way we would like, we need to remind ourselves to be positive or even learn to do things differently.

This can be difficult as we may need to really try without giving up.

Let's try and think like a champion.

Draw a happy doodle

List what hobbies you do well:

Write / draw a happy memory:

Write down your favourite joke:



Name friends / family that can make you laugh:

List what you are good at:

Top Tip!

We were born to be real
not perfect.



EAT WELL

SELF CARE

In the boxes, describe and draw practical ways you can show yourself care.



CONNECT

Spend quality time with
friends and family

LAUGHTER Best Medicine

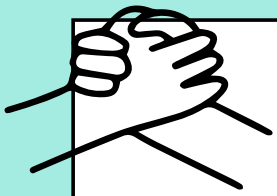
My favourite joke:

My funniest memory.

35mm FILM

My funniest film.

Silliest thing I have done that was really funny.



Resilience STRATEGIES

Write / draw strategies that you have used in the past, or could use in the future to help you successfully overcome a challenge.

BELIEVE IN YOURSELF

You have managed hard
times before, you can
do it again.



TO DO LIST

Write down the things you need to do.
Break it down into small tasks. When
complete tick off your list. Great
achievement.

Help is Near

Top Tip!
Laugh more.

GROUNDING

A calming technique that connects you with the present by exploring the five senses. Sit or stand, take a deep breath in, and complete the following.

5

5 things you can see



4

4 things you can touch



3

3 things you can hear



2

2 things you can smell



1

1 thing you can taste



KNOW YOURSELF

Close your eyes. Take a deep breath in through your nose, and out through your mouth. Starting with the top of your head, become aware of how your body feels. Slowly move down your body, noticing how each body part feels, down to your toes. Make a note of any areas of discomfort on the body below. Draw a face on the person to represent how you are currently feeling.



OVER TO YOU

What techniques do you use to help yourself when you are feeling worried?

GETTING MORE HELP

If you feeling you want a bit more extra support and want to research some more resources please check out.

There is also many organisations locally who offer out of school clubs and activities to keep you physically and emotionally active.



www.youngminds.org.uk



**Sport
In Mind**

www.sportinmind.org



www.kooth.com



www.rcmind.org



www.ressp.co.uk



www.thejunctionfoundation.com

Tuned In!

www.redcar-cleveland.gov.uk/TunedIn

Top Tip!

Add any useful sites or information you gather to your note section i.e

My Notes

HeadStart Contact Details

