

Coronavirus toolkit #7: managing transitions

22/06/20

In a normal year, this would be around the time when we start to prepare our pupils for the end of another school year, with planned whole-school activities and celebration events. Of course, this isn't a normal year, and many of the things we may have planned on doing will no longer be able to take place.

However, despite the coronavirus crisis, the school year is still coming to a close very soon, and many children will be preparing to start at a new school, or move to a new class.

Transitioning to a new phase of school can be a difficult time under normal circumstances, but in this pandemic, the change may bring up more complex emotions than usual. We know from working closely with teachers that there is a lot of concern about what the new school year may bring.

We've pulled together lots of fantastic resources for teachers, parents and carers, to help prepare children for the change and help them manage and understand their emotions at this time. We have split the toolkit into the general **managing of transitions**, **transition to primary** and **transition to secondary**, to help you easily find the resources you need.

Managing transitions

Resources to help children cope with transitions and change.

Tools for managing emotions – Mentally Healthy Schools

Changes and transitions can bring up complex emotions in children. These three simple tools can help children manage their feelings and learn coping strategies.

[Go to resource](#)

Getting to know me – Mentally Healthy Schools

This activity allows pupils to set goals for the future academic year, reflect on their strengths and their weaknesses and write a letter to their future self. We included this resource in our September 2019 toolkit, so if your pupils wrote letters then, now could be a good time to reflect on those.

[Go to resource](#)

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 in order to support their transition.

[Go to resource](#)

Transition assembly – Mentally Healthy Schools

Help your pupils prepare for a new class or school with this assembly, which uses the concept of going on a trip to get them thinking about what they might need for their new adventure.

[Go to resource](#)

Superhero me – Mentally Healthy Schools

These templates use the concept of superheroes to encourage children to explore their own superpowers, qualities and talents. What the children create could then be shared with their next teacher as a transition activity.

[Go to resource](#)

Managing unexpected endings and transitions – Anna Freud Centre

A practical guide to support pupils and help schools manage the transition back to school after lockdown.

[Go to resource](#)

Managing transitions Q&A – Anna Freud Centre

Education and mental health experts answer teachers' questions about managing the transition back to school.

[Go to resource](#)

Transition guidance during Covid-19 – Educational Psychology Service, Gloucestershire County Council

Advice & practical transition planning to support mental health and wellbeing in schools during the pandemic, including advice on supporting staff, and inclusive of all ages.

[Go to resource](#)

Starting primary school

Resources to support children, schools, parents and carers as children prepare to start primary school in the autumn.

Coronavirus: supporting transition into reception – The Key

Advice and guidance for practitioners on helping children transition to primary school after coronavirus. The page also includes a handout for schools to share with parents, featuring ideas for summer holiday activities to get their child ready for school.

[Go to resource](#)

Preparing your child for starting school – PACEY

A useful booklet for parents with lots of tips and suggestions for emotionally preparing children for starting primary school.

[Go to resource](#)

10 practical tips for school staff to help children settle when starting primary school – Mentally Healthy Schools

Useful tips for school staff to help children settle when starting primary school or to support those who change school regularly.

[Go to resource](#)

Expert tips for settling your child at primary school – The School Run

Simple tips for parents to help their child settle into primary school, with suggestions for dealing with separation anxiety.

[Go to resource](#)

Starting secondary school

Starting secondary school is a big change for children. We've rounded up these resources to support them, their parents and their schools through that change.

Tips for starting a new school – Childline

Tips and advice for children to support them when moving schools, and helping them feel positive about the change.

[Go to resource](#)

Transition to secondary school lesson plan pack – Public Health England

Developed with teachers, this lesson plan, PowerPoint and accompanying video helps you explore the challenges that can arise with the transition from primary to secondary school with your pupils. This would work well as a remote assembly or lesson.

[Go to resource](#)

Find your feet: transition activities for Year 6 pupils – Young Minds

This booklet is full of suggestions for classroom activities, to help your Year 6 pupils get to grips with the emotions around starting a new school.

[Go to resource](#)

Preparing your child practically – BBC Bitesize

Dr Anna Colton, child and adolescent psychologist, offers her practical tips to parents on how to best support children who are transitioning from primary to secondary school.

[Go to resource](#)

Autism: transitioning from primary to secondary school – National Autistic Society

A Specialist Speech and Language and Behaviour Specialist discusses a research project looking at the needs of autistic children transitioning to secondary school, and highlights a number of successful strategies used in this project so far.

[Go to resource](#)

Helplines

SHOUT - text 'Shout' to 85258 for 24/7 crisis text support

childline - under 19s can call 0800 1111 for free support

Education Support - school staff can call 08000 562 561 or text 07909 341229 for 24/7 help and advice

YoungMinds Parents Helpline - Call 0808 802 5544 for free Mon-Fri from 9.30am to 4pm

**Sign up for Mentally
Healthy Schools
coronavirus
toolkits.**

**Go to the Mentally
Healthy Schools
coronavirus page for
more toolkits.**