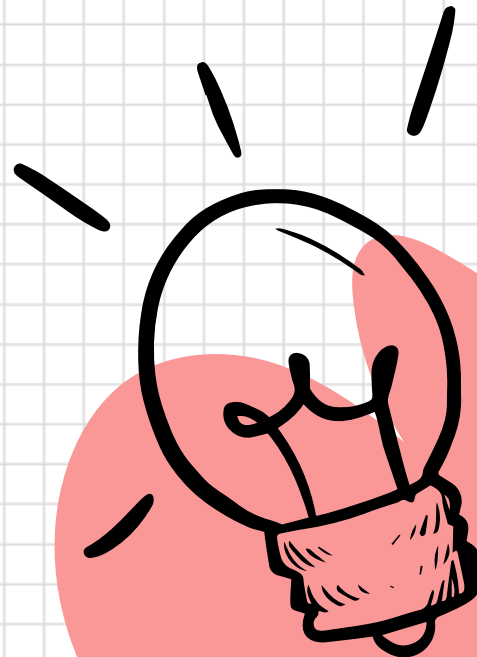
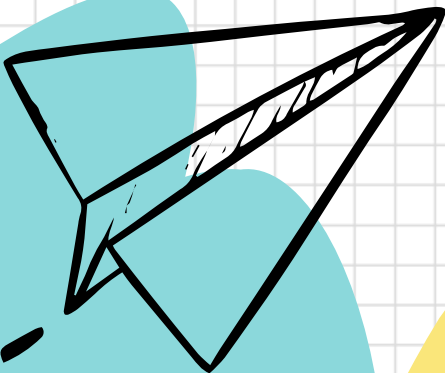




# **SMOOTH MOVES**

to secondary school



# TRANSITION BINGO

The aim is to complete the bingo sheet by moving around the room and find people who match each of the statements in the box.

Is excited to start  
secondary school

As a brother or  
sister already at  
secondary school

Is excited to try  
new subjects like  
science or drama.

Is the only one  
from your primary  
school going to  
their new school

Is looking forward  
to making new  
friends

Is excited to wear  
the new school  
uniform

Is nervous about  
moving to  
secondary school

Is worried about  
getting lost at school

Is feeling  
sad/happy about  
leaving primary  
school

Is walking to  
secondary school

Is a little nervous  
about travelling to  
school on their  
own

Is worried about  
break or lunchtime

# HOW I MAKE FRIENDS SURVEY

Take a few minutes to rate yourself on each one statements that can help you make and keep friends. When you're done, choose one or two skills you want to improve on.

	Rarely	Sometimes	Mostly
<b>I try to say hello to people even if I don't know them very well</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>I listen as much as I talk when I'm with my friends</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>I try to help my friends meet other people they might like</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>I suggest things to do that other people think are fun</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>I don't repeat gossip or hurtful comments about others</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>I keep secrets</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>I know when my friends are sad or feeling left out</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>If a friend is upset, I try to talk to them about it</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>I keep the promises I make</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>If I say I will do something, I try to do it</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>I can disagree with someone without getting angry or upset</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>I try to forgive people when they do something wrong</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>I apologise when I accidentally upset someone</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>I reach out to people who seem lonely</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>I do 'random acts of kindness' for friends and others</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# MY PERSONAL GOALS

1. Write down 3 goals you want to achieve at secondary school.
2. Can you say why it is important to you
3. What will success look like?

**My Goal**

**Why it's important**

**What success looks like**

**My Goal**

**Why it's important**

**What success looks like**

**My Goal**

**Why it's important**

**What success looks like**

# FEEDBACK

1. Overall, how would you rate the workshop?

Excellent ☐ Good ☐ Fair ☐ Poor ☐ Very poor ☐

2. Did you feel respected and listened to in the workshop?

Strongly ☐ Agree ☐ Neither agree ☐ Disagree ☐ Strongly ☐  
agree nor disagree disagree

3. How confident do you feel about starting secondary school after today's workshop?

Very ☐ Quite ☐ A bit ☐ Still very ☐  
confident confident worried worried

4. Do you feel more comfortable talking about your worries or asking for help after today?

Yes ☐ A little ☐ Not ☐ No ☐  
definitely bit really

5. Do you feel more prepared to make new friends at secondary school?

Yes ☐ A bit ☐ Not sure ☐ No ☐

6 Which part of the workshop did you enjoy the most?

Ice- ☐ Quiz ☐ Friendship ☐ Talking ☐ Setting ☐  
breaker activities in groups goals

7. Finally, is there anything you'd change or add to make this workshop even better?

.....  
.....

