

## National Curriculum PSHE & Citizenship Framework – Learning Objectives

1c: To face new challenges positively by collecting information.

5i: Prepare for change, such as transferring to secondary school.

## What you will need

Seating arrangements to allow whole class discussion, preferably in a circle.

*Worksheet 3 – checklist*

*Worksheet 4 – action plan*

## Activities

Ask the class to tell their partners three things they are looking forward to about their new school. Ask them to talk about three things they are anxious or unsure about. Compare suggestions in the whole group.

Explain that big changes in our lives usually involve both positive anticipation and some anxiety. Emphasise that the children have coped with several big changes in their lives already – starting school/changing classes. They have already developed confidence in coping with these changes. Can they remember their first day at this school? Ask for suggestions of things that caused anxiety then. Emphasise how they developed the confidence to cope.

One way to gain confidence about a big change is to find out as much as possible in advance and to prepare for it. For this reason we are going to plan ways to find out about our new routes to school.

Explain that we are going to make a check-list of things we need to know and an action plan of how to find them out and practice and prepare for them.

Working in pairs, talk to each other about what you know already about your new journey. Tell each other any worries you have. Use worksheet 3 to identify the things we need to find out. Share your check-list with each other.

As a whole class, share suggestions from the check-lists, emphasising safety features, and allow children to amend their check-list as appropriate.

Explain that we are going to make an action plan to make sure that we find out the information on our check-lists. Working in pairs, use worksheet 4. Help each other identify sources of information. Ask each pair to join up with another pair and compare action plans, making amendments if appropriate.

## Review Activities

With the whole class, reinforce the message that this kind of preparation enhances confidence.

Outline the time-scale for completing the action plan, including opportunities such as receiving visitors from their new school and visiting their new school themselves.

Set a review date for a further session to finalise and review this information.

# Worksheet 3

## Check List

Name: .....

### **Planning a new route to my new school – Things I need to Know.**

Look at the following check-list. Tick the items that you need to know about.  
Add any others that you think you will need to know.

*Tick here*

- Location of bus stop*
- Bus times*
- Bus fare*
- Length of bus journey time*
- Time needed to walk to bus stop*
- Safe crossing place from bus stop to school*
- Walking route from home to school*
- Safe crossing places*
- Potential hazards to avoid*
- Time needed to walk from home to school*
- Time needed for car journey from home to school*
- Safe stopping place for car near school*
- Safe crossing place from car stop to school*
- Correct gate to enter school*
- Correct time to arrive at school*

