Year 6

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| **Lesson** | **Key Questions** | **Activities** | **Intended outcomes for these Y6 lessons** |
| 1 | Thinking about Transition – which of the Five Ways will I need more and why? | Share the key question for the lesson.Transition to secondary school is an exciting time for Year 6 but is also a time of many changes and new experiences which can be difficult to manage. Recap from last year’s lessons, or any previous experiences of using the Five Ways to Wellbeing, what they are and examples.Use Transition resources to start to explore what the change to secondary school involves and how the different experiences relate to Five Ways to Wellbeing. The following websites offer useful resources and videos that will help children to understand what transition involves:<https://www.bbc.co.uk/bitesize/tags/zh4wy9q/starting-secondary-school/1> https://youngminds.org.uk/resources/school-resources/find-your-feet-transitioning-to-secondary-school/Use a Think, Pair, Share (1 minute for children to ‘think’ individually about their answer to the questions, share ideas with partner and vice versa, pairs ‘share’ with rest of class what was discussed) approach to discuss the following questions:* What are children looking forward to about going to secondary school?
* What new things will be experienced at secondary school?
* What are children worried about?

Answers from each of the questions could be recorded on paper or in books. Collective list could be made on board. Ideas will need to be recorded in written form as this information will be helpful for planning in subsequent sessions.What are the common factors in children’s answers? New things/worries likely to centre around the following themes:* getting lost
* homework
* making new friends
* harder learning
* discipline and detention
* bullying

Relate the Five Ways to Wellbeing to these areas discussed. Pose question to class: ‘thinking about the new things/worries going to face as a class sort into categories using each of the Five ways, eg making new friends will come under ‘Connect’, new subjects could go under ‘Keep Learning.’Children can work in pairs/groups to complete **Resource Sheet 1**.Once completed, children feedback to rest of class about their findings. * Did children manage to allocate their ideas to each of the areas?
* Are some of the Five Ways more key than others?

Return to key question and explain that in the next lesson will be looking at how a plan for Secondary School can be made. | **Children will be able to:**Explain what changes are involved in the transition to secondary school.Identify what they are looking forward to and their worries about the transition to secondary school.Create a transition action plan.Choose a style of presentation for the transition action plan.  |
| 2 | What does my Five ways plan look like for secondary school? | Recap on the previous lesson. What were the key points?Share key question.Tell children that they will be creating a personalised transition plan which will identify the changes that they may be worried about and making an action plan that focuses on identifying strategies that will help them deal with these worries/changes linked to the Five Ways.Discuss with children how this final action plan might be presented, eg as a poster, letter to self/each other, leaflet etc (this could be linked to writing types in English).How could the Five Ways be used to help with strategies for the move to Secondary School? eg making new friends can link to ‘Connect’ so a plan can focus on how to do this. ‘Take Notice’ could include feeling nervous about the first weeks in secondary so the plan would identify what can be done to help this such as breathing exercises/practising Mindfulness. Refer back to the resources/videos from the previous lesson to explore how the different situations are dealt with to get ideas for how children might do this themselves.Children will use the list generated on **Resource Sheet 1** in the previous lesson to think about the strategies that can be used to help eg, under ‘Connect’, making new friends could be listed and strategies could be taken from the other Five Ways to Wellbeing, eg ‘Give’, smiling at others and be approachable; ‘Take Notice’, asking others about their interests; ‘Keep Learning’, meeting others through after-school clubs etc. Once plan is completed, children feedback to the class, talking about what’s in their plan and also what some of their strategies are that will help manage these worries.Return to key question shared at start of the lesson.  |
| 3 | How can we put into action what we have learnt? | Recap on previous lesson and share key question.Going to be using the plan created in previous lesson to present ideas.Discuss as a class how these could be presented, eg leaflet, poster etc.Children individually produce their transition plans choosing their own way of presentation.Share completed work with rest of class.  |
| Additional notes: |