

## Starting your conversation

# "How do you feel about starting high school?"

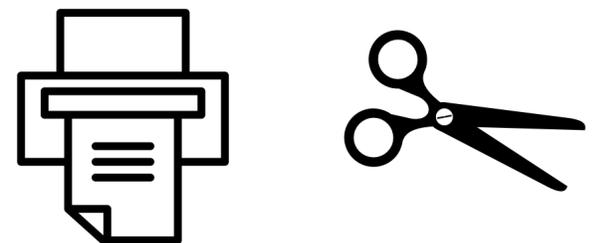


Home life can be busy. This activity is best completed when you and your child have some time and space to talk and listen to each other.

Below you will see a list of feelings and emotions and high school activities. Take one activity at a time and chat with your child about which emotions and feelings they experience about that activity. Remember they might have more than one emotion or feeling for an activity, they might have mixed feelings and emotions or they may have no feelings or emotions for some activities. There are no right or wrong answers. This is to help you talk and listen to each other.

The activities and feelings and emotions have all been identified by children moving up to high school in previous years.

If you have a printer you might like to print this off and cut out the cards to match up.



As you work through this think about which activities your child is feeling positive about.

If there are activities that are causing some concerns, have a think together what could be done to make this feel easier. You might like to watch the resilience video again.

You might want to do this activity more than once as thoughts and feelings can change as the move to high school gets closer or once the change has happened.



# Feelings and Emotions



# Activity



Uncomfortable

Becoming more grown up

Excited

Learning new things

Curious

Bullying

Brave

Homework

Nervous

Getting to school

Scared

Getting lost

Happy

Making friends

Worried

Starting a new school

Comfortable

Getting things wrong

Embarrassed

Being late to lessons

Fearful

The work

Sad

Being told off

Tense

Uniform

Awesome

New teachers

Confident

Lunch time

Ready

Missing friends

Angry

After school activities / clubs

Anxious

other

other