

Something to help you with your worries



Transition

It is very normal to feel worried about starting a new school in year 7, this year is even harder as you have missed school for a long time and we know that this will have caused you even more worries than you would normally have.

We are here to help you with this.

We have put together some worksheets to try and help you think about your worries and what you can do to help you make them seem a little less scary.

Think about the happy, positive thoughts you might be feeling about joining our school in September.

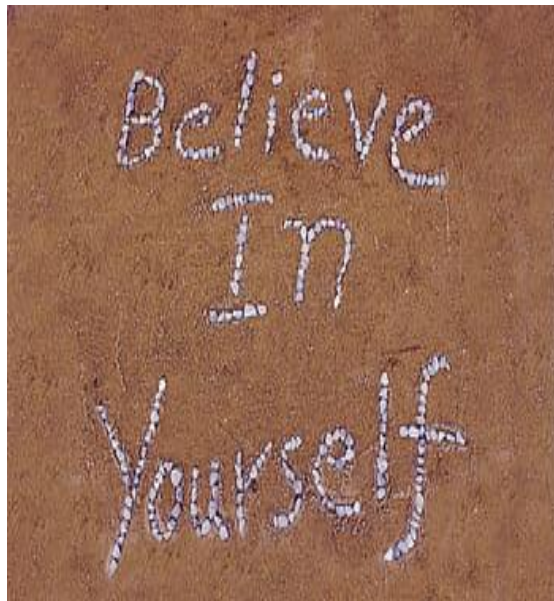
Have a go at completing them, aiming for more positive thoughts then try again in a week or so and see if your worries become less.

We are very excited to meet you and here to help.

Worries

We know that you may be worried about joining Carshalton Boys. So let us help you with this.

We have put together some resources that may help you with your worries. It is always good to write them down and to talk them through with someone that you trust.



Starting in September

Fill in the worksheet:

★ These are my happy thoughts about coming to Carshalton Boys in September.

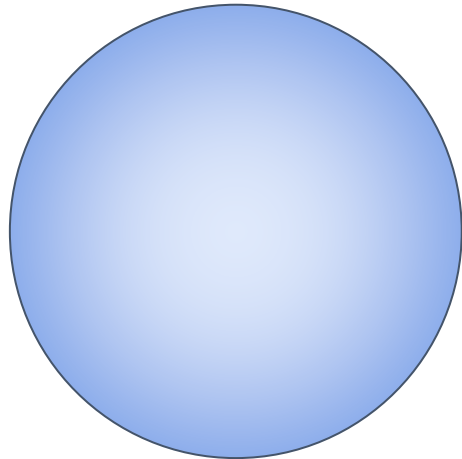
★ This is what I can do to help me deal with my worries.

★ These are my Worries about coming to Carshalton Boys in September.

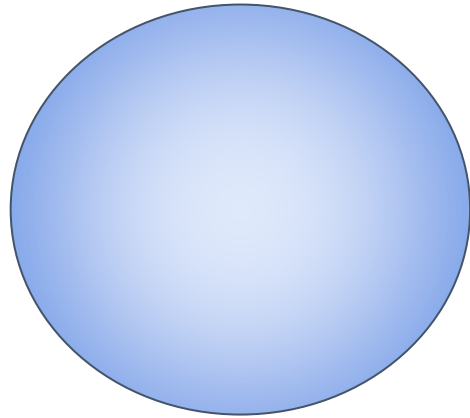
My Three Bubbles

We all have things that make us happy/worry and things we hope for in the future Carshalton Boys is your future. Be as honest as possible using the three bubbles below and fill them in.

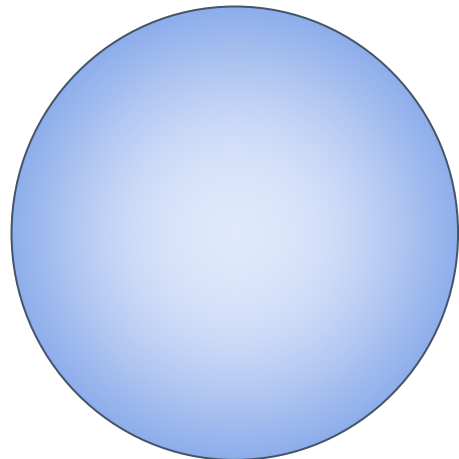
Bubble of happy/good things
What makes you happy?



Bubble of worries
What things do you worry about?



Bubble of dreams
What do you hope for in Carshalton Boys



Worry Jar

This is a worry jar, if you are feeling stressed and worried about something then put it in the jar by writing it down.

The top of the jar is sealed so that the worry cannot get out of it.

Once it is locked in the jar it is time to think about the positives and negatives of the worry. There can be positives that come from a worry, just think really hard.

Write these down using two different colours. Favourite colour for positives and another for negatives.

If you want to you can share your worry with someone else so that they can help you, but you have to be comfortable to do this.



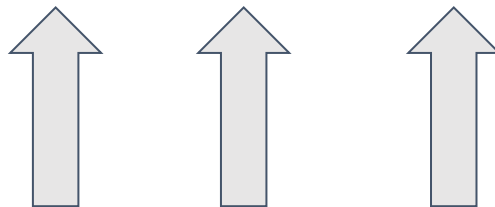
My worry jar

Fill in the happy thoughts box first, then the worries box and then the middle box, as your worries go away, cross them out with a pen or pencil.

Happy Thoughts



As your worries go away, cross them out with a pen or pencil



Worries



Control Your Anxiety In
10 Seconds.....

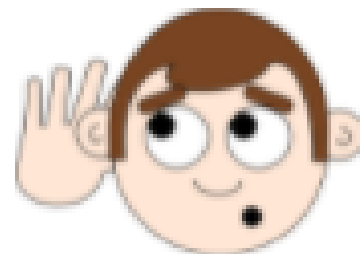


5 Things You See



4 Things You Feel

3 Things You Hear



2 Things You Smell

1 Thing You Taste



My body my thoughts

On the outline of the body below, write down how your body feels and the changes that you have noticed. On the outside of the body write down all of the thoughts that you are having.

This gets you to think about how these thoughts are impacting upon your physical and mental health. On the inside of the body, write down the changes you feel inside your body.





**Angry, Aggressive
Out of control
Furious**



**Annoyed,
Frustrated, Sad
Upset**



**Worried, Unsure,
Anxious**



**Meh, Neutral,
Okay**



**Happy, Good
Excited, Estatic.**

How am I feeling?

Write or draw a picture about how you are feeling.