



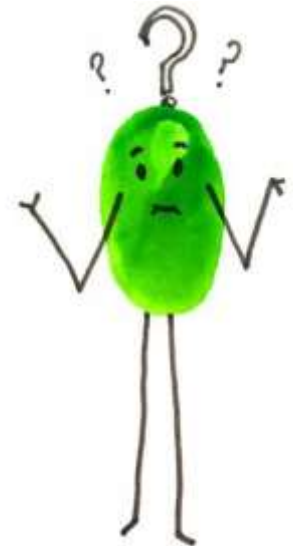
MENTAL HEALTH SUPPORT TEAM

Transitioning back to school



What is this workshop all about?

- We will look at strategies to manage any worries or problems we might encounter.



We will cover:

- What will be different and the same
- Coping with change: worries and excitement
- How to help manage our worries





Changes are everywhere!!!

Starting school, friendship groups, changing classes,
growing up, moving home, new siblings, pets, jobs....

In pairs, talk about:

- **A recent experience of change for your child or you that you feel comfortable to share**
 - What went well about the change?
 - What was harder about the change?
 - What did you learnt from the change?





MENTAL HEALTH SUPPORT TEAM

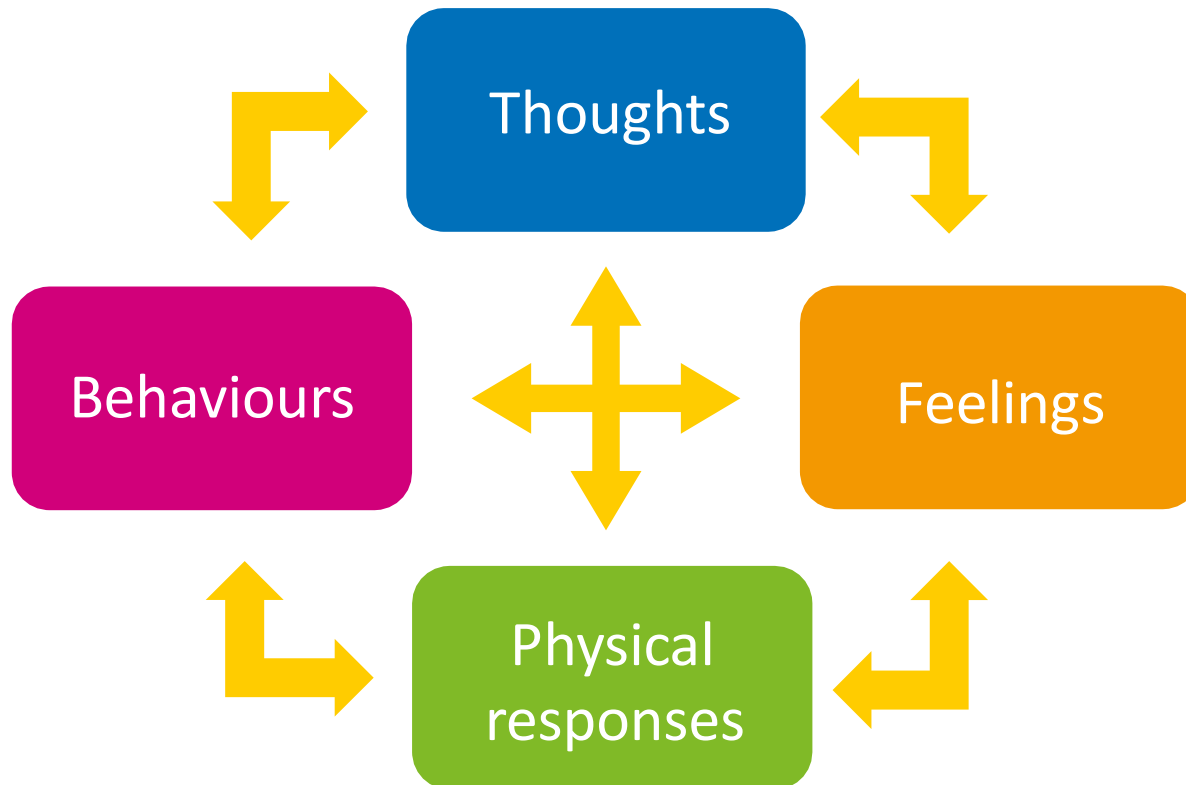
How are you feeling about your child going to secondary school?



Positives and concerns



The Cognitive Behavioural Model





Positive experiences and memories

- Remembering all the good times and things your child and you have enjoyed supports us to connect to our positive thoughts.

Something
you were
proud of?



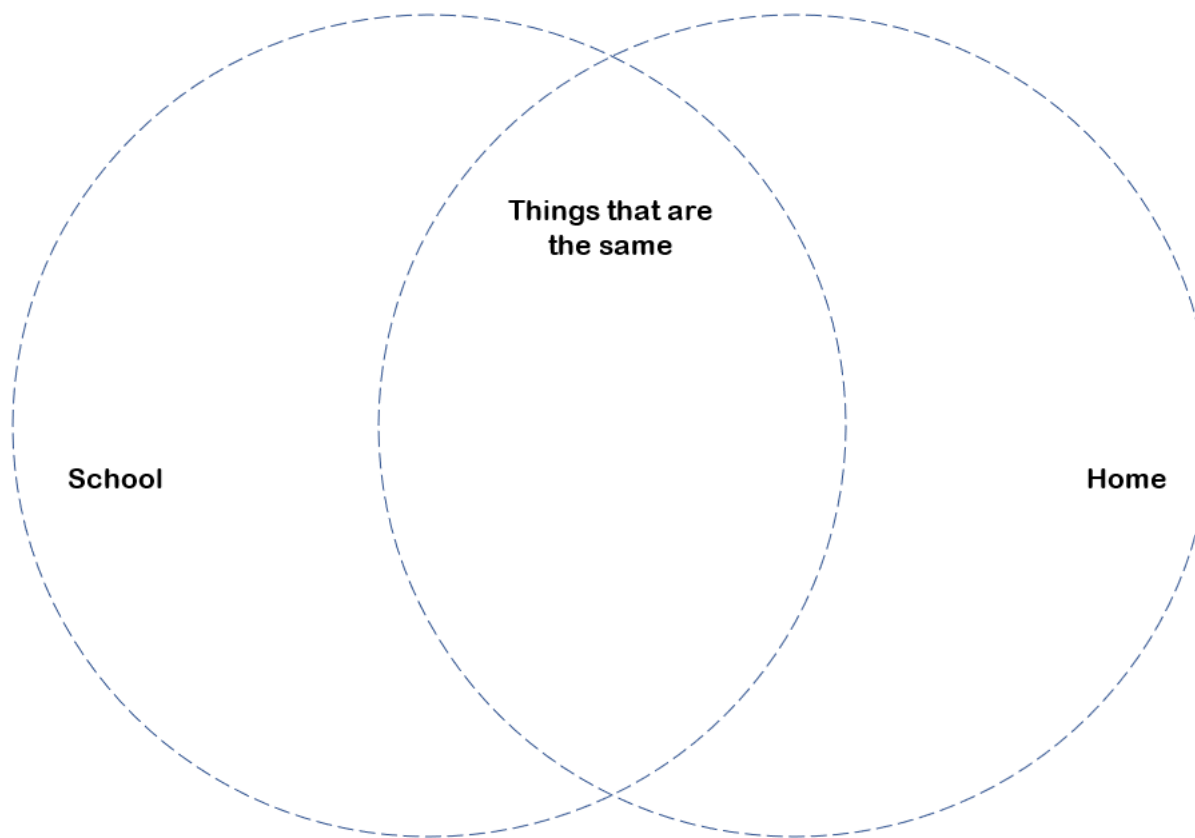
Your
favourite
subject?

- If we have more positive thoughts, we are more likely to feel happy and calm, our bodies will be relaxed.





What will be the same/different?





Coping with change

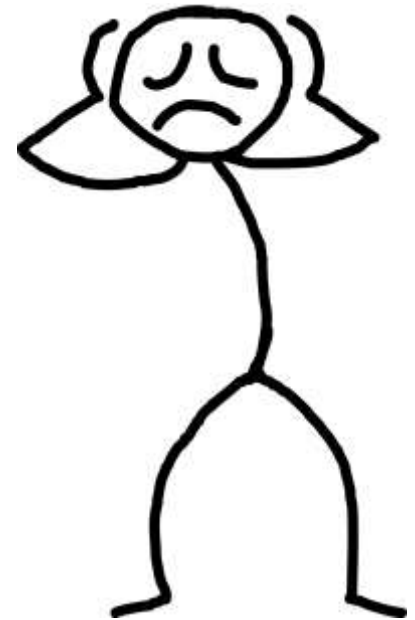
- Some of these changes might leave us feeling a bit apprehensive or worried. That's ok! It's normal for both parents and children to have some worries.



Spotting worries about transitions: How do you know when your child is anxious? What are the signs?

Here are some tips

- Children can show anxiety in their behaviour
- Anxiety causes changes in body sensations
- Notice possible signs out loud with your children
- Make time to talk about change and feelings
- Show and tell them it is normal to worry about a change

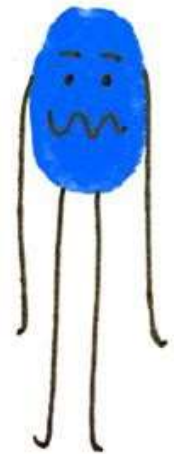




MENTAL HEALTH SUPPORT TEAM

Write a list of the worries with them

What I am a bit worried about:





MENTAL HEALTH SUPPORT TEAM

What are they/you looking forward to?

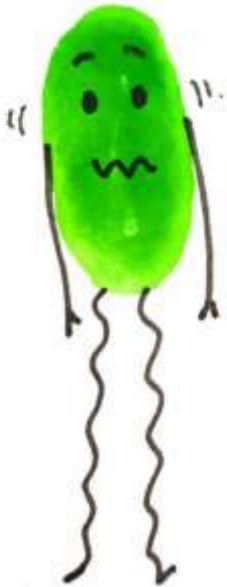


What I am excited about:

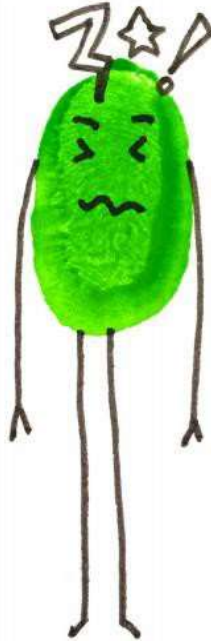


Worries can impact how our bodies feel

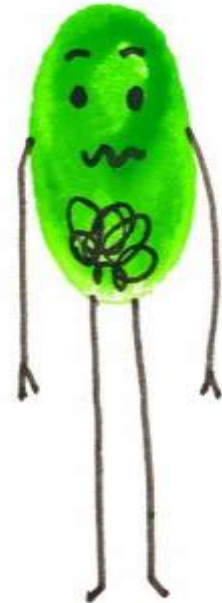
Shaky/jelly
legs



Headaches/feeling
dizzy



Tummy aches/
butterflies



Deep breathing

- Deep breathing is another excellent way to help re-set our bodies and keep them calm when we are feeling worried. It can help to have something to focus on



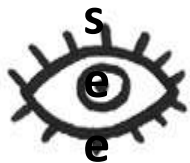
Remember to breathe in through your nose and out through your mouth



5 4 3 2 1 Grounding

- When we are feeling worried we tend to be worrying about something that has happened in the past or jumping way in to the future. It can be helpful to reconnect to the present moment and environment. One way to do this is through our senses.
- The 5 4 3 2 1 exercise is a grounding activity that invites us to notice:

**5 things we
can**



**4 things we
can**



**3 things we
can**



**2 things we
can**



**1 thing we
can**



Focusing on their strengths

- Focusing on their strengths is one way to build confidence. When we think about strengths people often think about talents. Talents are performance based and might be things like sports, music or art
- But there are also character strengths. These are personality based, things like being kind, curious and having courage. Character strengths are just as important as talents.
- A talented musician also needs creativity.
- A professional sports player or dancer also needs determination.



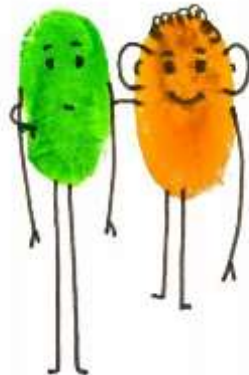
What are your child's character strengths?

Focusing on these can help you start at your new school with confidence !



Talking to someone they trust

- Although it's great to practice problem solving skills like detective thinking, sometimes we need help and support. Talking to someone they trust can be really helpful when they are feeling stuck or worried about something.
- Help and support can come in many different forms, such as motivational support, practical help and comfort or companionship. Think about the people around them, this may be family, friends or people at school who can help. Having a clear idea about who can help us is called having a back up team.



Who could they talk to if they had a problem?

Discuss this with them?



A new routine

- Your routine is very likely to change when they go back to school, and so it is good to think about and prepare for this before it happens.
- Routines are helpful because they help us to feel confident and in control

  **My Daily Routine** 

Tasks:	Alternative Tasks/Routine:	Time:
Brush teeth		
Shower/wash		
Pick clothes		
Get dressed		
Eat breakfast		
Go to school		
Finish school		
After school activities		
Arrive home		
Homework		
Dinner		
Leisure time		
Pack bag for school		
Get ready for bed		
Brush Teeth		
Go to sleep		

Problem solve together

- Try to state the problem clearly
- Write down the concern
- Brainstorm all possible solutions (no matter how bizarre!)
- Weigh up the pros/cons of each
- Pick the most suitable solution
- Make a plan of action
- Do & Review!



Conclusion

Write down three things that you want to remember from today

All the activities covered today are things we would recommend that you do with your children at home.

Any questions or feedback?



Thank you for coming!