

A Transition Map

The idea of this transition map is to help you think about the changes ahead.

Below is a map to help you think about transition. You can use writing, drawing, painting or pictures from magazines or the Internet to answer the questions.

As you are completing the map, talk to the adult you are with about how you are feeling about the changes ahead. Once you have completed the map, you will be able to add more positive thoughts onto your map.

Keep your map safe so you can look at it when you start to think about the changes that are going to happen.

You can change your map whenever you want to; it's yours to keep.

A Transition Map

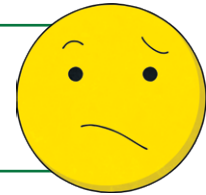
What is changing?

What are you looking forward to?



Who will be making the change with you?

What are you worried about?



Who do you know that has made the same change?



What do you need to make the change successful?



Return to school emotional support.

Learning objectives: I can talk about my feelings.

What I Am Thinking but Not Saying Spin Wheel

This spin wheel has been created to help young people talk about how they are feeling. There are statements on the spin wheel. Ask the young person to spin the wheel and say whether they agree with the statement or not. This will act as a discussion prompt without the young person having to start the conversation themselves.



Emotions

Match the activities to the emotions.

Activity

Being given a present.



Listening to your favourite song.



Forgetting your PE kit.



Falling over in the playground.



Emotion

Anxious



Upset



Excited



Happy



Emotions

Match the activities to the emotions.

Activity

Meeting a monster.



Winning a prize.



Having a birthday party.



Playing with friends.



Emotion

Happy



Excited



Scared



Proud



Emotions

Match the activities to the emotions.

Activity

Eating worms!



Watching TV.



Being teased.



Not being able to sleep.



Emotion

Tired



Disgusted



Sad



Relaxed

