



Managing Change

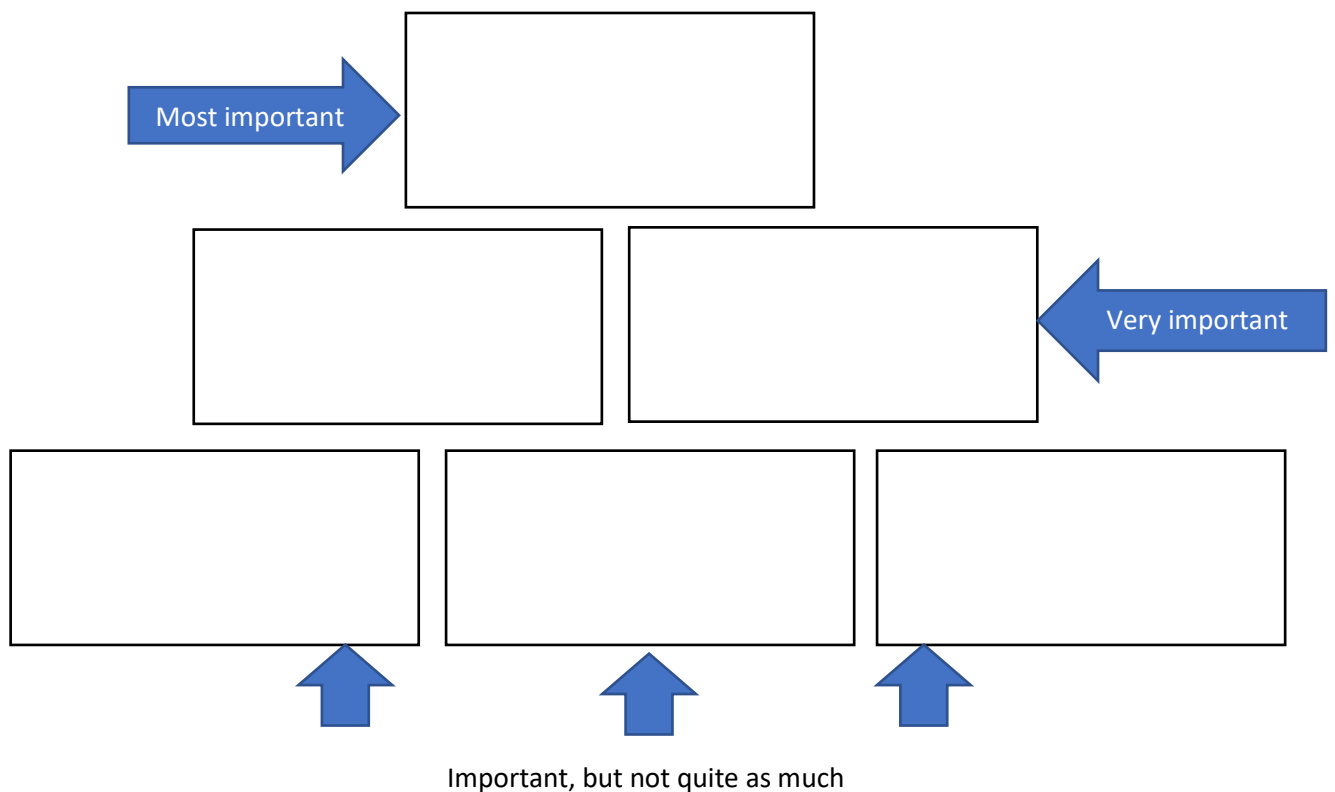


Starting secondary school is a big change that can be really daunting – a new environment, new people, and lots of unfamiliar things happening. But we have all managed change throughout our life so far: moving house, a new teacher, starting primary school, maybe even changes to our family unit at home. When we remember that we have been through lots of changes already, we remind ourselves that we've been there, we've done it.. and actually, we're okay!

There are different skills we can use to help us deal with change, particularly when it comes to starting a new school. They are:

<p>Organisation</p> <p>Be prepared by planning, thinking about what you need and packing your bag</p>	<p>Honesty</p> <p>Be honest if you're stuck or not sure about something – ask questions or for help</p>	<p>Kindness</p> <p>Look out for others and help them if they need it</p>
<p>Fun</p> <p>Take time for yourself and the things you enjoy to help you de-stress</p>	<p>Courage</p> <p>Be brave and have a go, even when things are tricky</p>	<p>Hope</p> <p>Stay positive and look for the best in a situation</p>

Could you sort these skills in to the diamond rank below? Put the one you think is most important in to the top box, the two you think are quite important in to the middle two boxes and the three you think are less important or really easy in to the bottom three boxes.



Can you think of any ways that you could show these skills in September when you start at NGA? Add them to the mind map below:

