



Moving On Things I might think about...

In my new class, I might not have many of my friends, that I know well.

I am worried about making new friends.

- Why might this person feel a little worried or upset?
- What are the possible positives about this situation?
- What can this person do to feel better?
- Who can they ask for help?



Moving On Things I might think about...

I am worried that I will get too much homework or that it will be too hard.

- Why might this person feel a little worried or upset?
- What are the possible positives about this situation?
- What can this person do to feel better?
- Who can they ask for help?

Moving On Things I might think about...

I am moving onto the next 'grown-up' year group and I will be learning more challenging things.

- Why might this person feel a little worried or upset?
- What are the possible positives about this situation?
- What can this person do to feel better?
- Who can they ask for help?



Moving On Things I might think about...

I might have to talk in front of people
that I don't know.

- Why might this person feel a little worried or upset?
- What are the possible positives about this situation?
- What can this person do to feel better?
- Who can they ask for help?



Moving On Things I might think about...

I am not always as organised as I should be.
What if I forget something?

- Why might this person feel a little worried or upset?
- What are the possible positives about this situation?
- What can this person do to feel better?
- Who can they ask for help?



Moving On Things I might think about...

I find learning hard sometimes and I might not be able to understand new things I am being taught.

- Why might this person feel a little worried or upset?
- What are the possible positives about this situation?
- What can this person do to feel better?
- Who can they ask for help?