



Transitions

“Positively framing change”

By Dave Brooks for St Christopher's the
Hall School



Recap – Our Role

- ♦ The 3 stages
 - ♦ Between them and the world
 - ♦ Beside them in the world
 - ♦ Behind them in the world

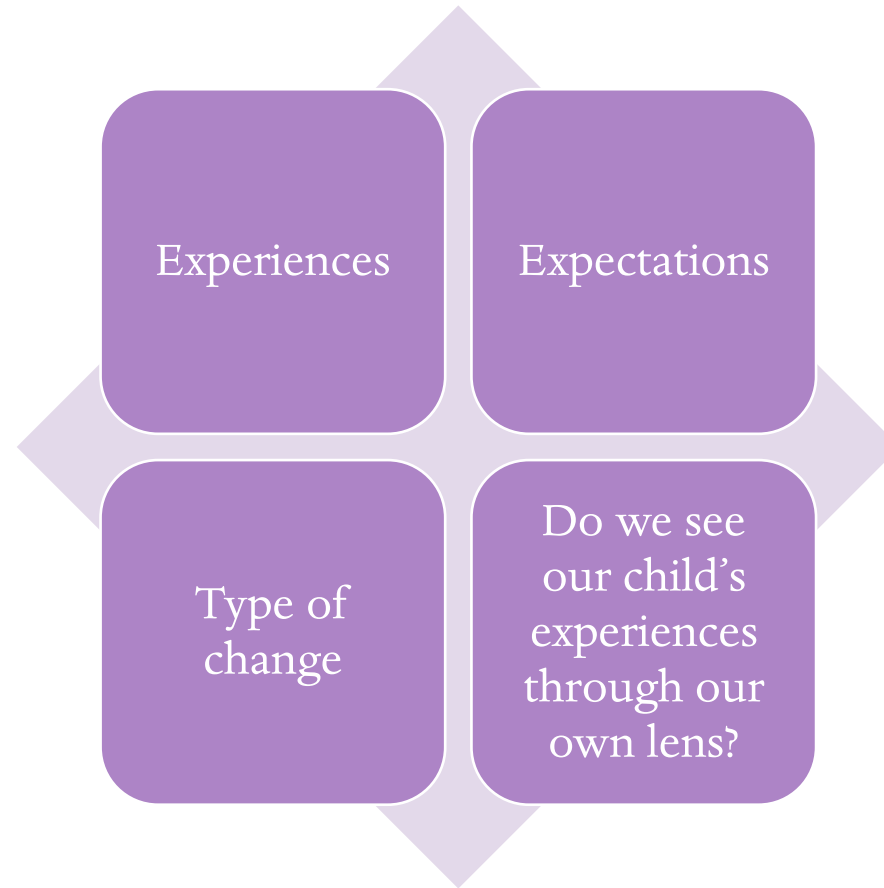
Transition = change

- ♦ Looking forward to the next school year we see changes for our children;
 - ♦ Change in teacher
 - ♦ Change in classroom/location in the building
 - ♦ Change in learning and expectation
 - ♦ Change in social setting/peer group

How change may
be perceived

<u>Positive</u> Exciting New start	<u>Negative</u> Scary Unfamiliar Anxious
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What influences our perception?



How to help

1

Encourage a
positive/growth
mindset

2

Question and use
curiosity

3

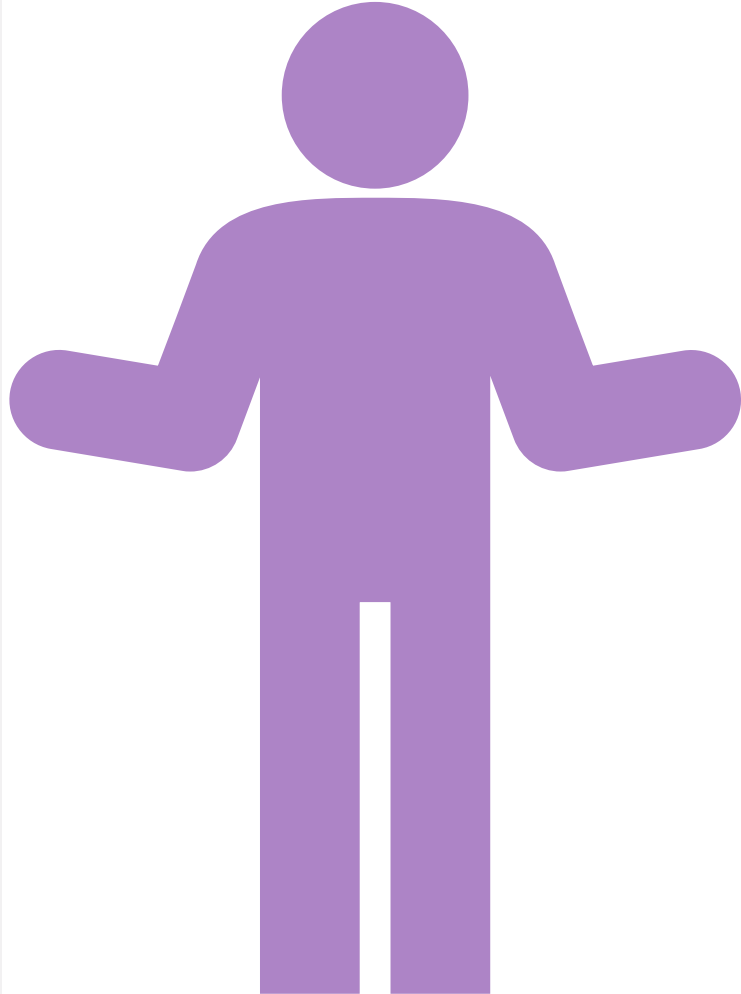
Try not to put forward
the transition/change
as good or bad, just a
change

Anxiety or fear



- Remind them that the emotion is normal for the experience
- Give the emotion a personality
- What's its job? To keep us safe
- Help them let the feeling know they are safe
- If needed, speak to the feeling, ask what it needs.
- Thank it, don't push it away or ignore it, then release it





How do we help them feel safe?

- ♦ Ask questions about things that haven't changed or demonstrate the skills needed for the transition.
- ♦ Is this a new school for you?
- ♦ Have you been to school before?
- ♦ Is it the same uniform?
- ♦ Do you know the building you will be in?
- ♦ Have you ever made a new friend?
- ♦ Remind them that you've chosen this for them, that you only send them safe places with people you trust etc

Talking about the transition



Ideas for how to phrase the change...



I wonder if you will make some new friends this year



Last year's teacher was lovely but you didn't know them very well in September either



You might have some big exams coming up but we've all been helping you get ready for these since the day you started school



Perhaps you might discover a new activity you enjoy this year

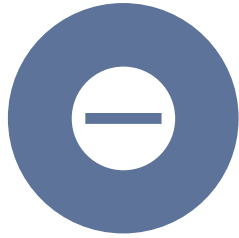


How do they perceive it?

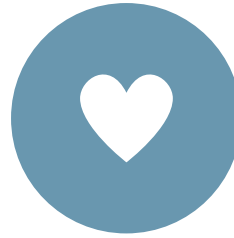
Summary



BE CURIOUS



BE NON-
JUDGEMENTAL



HELP THEM FEEL
SAFE



REMIND THEM
WHEN THEY HAVE
COPED WELL,
SKILLS THEY HAVE
AND THE THINGS
THAT AREN'T
TRANSITIONING