

# WELLBEING TOOLS

## SUPPORT NETWORK

Sometimes when we go through a big change, or have feelings we might not completely understand, we can feel lonely. It is important to identify people in your life that are part of your support network. This is a group of people (or pets) who can provide support, advice or just listen to us when we have worries or want someone to talk to.

Have a think about who is in your support network that you can call on if you need

## WINDING DOWN

When we start something that is new, or daunting, we can spend a lot of our time thinking about it. It's common to worry about what happened during the day, what we said or didn't say, or did and didn't do. This is normal and understandable. However, it is really important to find ways to unwind when you finish school and do things that make you feel good, or help you relax.

Comedy film

Healthy eating

Read a Book

Exercise

Good sleep

Bath

Meaningful activity with friend/family

# WE CAN OFFER YOU MORE SUPPORT

Sometimes we need a bit more support to help us cope with or manage difficult feelings.

The Education Wellbeing Service is a confidential NHS Service designed to support children and young people. We provide 1-2-1 support using evidence based programs to support the following common difficulties:

- Anxiety
- Low Mood
- Anger
- Sleep Difficulties
- Low Motivation
- Overthinking

If you are noticing you are starting to struggle with your mental health, a practitioner in school might be able to support you.

If you would like to know more, please talk to your tutor or head of year. They can support you to make a referral to the service, or answer any questions you might have!



SCAN ME

For general mental health and wellbeing guidance, check out our YouTube channel



**NHS**  
South West London and  
St George's Mental Health  
NHS Trust

EWS Wandsworth



# Year 7 SURVIVAL GUIDE

Moving to secondary school can be an exciting time, but also a time that can understandably bring about lots of worries or fears, as it's a big change in your life!

**Do any of these thoughts sound familiar?**

What if I don't make any friends?

The teachers will be more strict here...

I am going to get lost as it is so big compared to my primary school...

It is really important to remember that it's normal to be nervous, and that everyone is facing similar challenges. This guide will provide you with our top tips for managing worries and surviving the early days of secondary school.

# 1 GETTING LOST

Some students feel worried about finding their way around as secondary schools are usually much bigger than primary schools. This is a totally understandable worry, and there may be a time where you do get lost!

IF YOU DID GET LOST, WHAT COULD YOU DO?



- Carry your timetable with you.
- Ask a teacher.
- Ask a student- you might make a new friend.
- Use the map in your planner

## REMEMBER!

You aren't the only one feeling like this, and teachers are aware of this change and do their best to be really supportive.



# 2 MAKING FRIENDS

Starting secondary school and leaving old friends from primary school can feel sad and worrying. The good news is that there are lots of opportunities to meet new people, try new activities and make new friends at secondary school.



- Step out of your comfort zone! Smile, say hello, and introduce yourself. It might feel scary, but most people are in the same boat and want to make new friends. They might even be grateful you started the conversation as they were too nervous themselves!
- Find common interests which you can talk about or pursue together.
- Don't rush! Good friendships form gradually as you learn more about each other.
- Join a club or activity where you can meet new people with similar interests as you.



Try and set yourself a challenge to speak to 5 new people over the next week, even if that is just to say hi. Remember-if you reach this goal, reward yourself!



# 3 HOMEWORK

Another common worry for students moving to secondary school is being able to manage more homework than you were used to at primary school. Remember that you are not the only one feeling like this, and that teachers are aware that this might be tricky for you..



- If you find yourself feeling overwhelmed, ask for help! You might be able to meet a teacher during break or lunch to go through the homework, so you are clear on what you need to do.
- Or, you could ask a trusted adult at home to support you and help with scheduling your workload.
- Reach out to your classmates to see if you can work together and help each other out.

