

Transitions toolkit

Starting or leaving primary school can be an exciting time for children, but it can also come with challenges.

By preparing children and their families for this transition in advance, and being aware of any anxieties that may arise during the transition period, school staff can ensure that pupils and parents and carers can take this next step with confidence.

If children are starting at primary school, it may take some time for them to adjust and for the change to feel normal. If they are leaving primary education to start at secondary school, they may feel anxious about a new school environment and new classmates. Limited contact with their new school due to the pandemic may also add to children's worries.

In this toolkit, there are a number of resources for children about to start or leave primary school, including lesson plans, assemblies and worksheets. We have also included some resources that schools can share with parents and carers, helping them to feel more prepared for the transition too.

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Anna Freud
National Centre for
Children and Families

Resources for pupils and staff

10 practical tips for school staff to help children settle when starting primary school – Mentally Healthy Schools

Information for primary school staff sharing advice on how to help children settle into school life.

[Go to resource](#)



Sign up to the
Mentally Healthy
Schools newsletter
for more resources

Transition passport – Mentally Healthy Schools

This passport activity gives children the chance to tell their new teacher all about themselves to support their transition.

[Go to resource](#)



Transition assembly – Mentally Healthy Schools

Help your pupils prepare for a new class or school with this assembly, which uses the concept of going on a trip to get them thinking about what they might need for their new adventure.

[Go to resource](#)



Moving Up! The transition to secondary school – Anna Freud Centre

An animation and teacher toolkit to help children with the transition to secondary school.

[Go to resource](#)



Transition to secondary school lesson plan – Public Health England

A PowerPoint and accompanying video to help pupils explore the challenges that can arise with the move from primary to secondary school, and help them identify strategies for managing the change.

[Go to resource](#)



Change tunnel – YoungMinds

An exercise to help children become more aware of how they feel about changes happening during the transition to secondary school.

[Go to resource](#)



Supporting transitions for children with autism – National Autistic Society

Guidance for schools on supporting children with autism with the move to secondary school.

[Go to resource](#)



Resources for parents & carers

Supporting children's transition to secondary school: guidance for parents and carers – Anna Freud Centre

This evidence-based guide for parents and carers provides tips about how children preparing for, or going through, the transition to secondary school can best be supported.

[Go to resource](#)



How to support your child practically – BBC

Dr Anna Colton, child and adolescent psychologist, offers her practical tips to parents on how to best support children who are transitioning from primary to secondary school.

[Go to resource](#)



My moving up to secondary school booklet – Compass

A booklet for pupils and their parents/carers to work through together, to help both parents/carers and children feel more prepared for the change.

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