be awe some GO big

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Workbook

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Session 1
Being awesome

TASK: Is there anything holding you back?

Worried you can't do things

You find it hard to focus

Feeling stressed or anxious

Scared of taking risks

Feeling embarrassed

Scared of hard work

Fear of looking foolish

TASK: Write down what you can learn from your primary school experience ahead of going to secondary school.

- How did you handle things when they went wrong?

- How did you react when you got stuck?

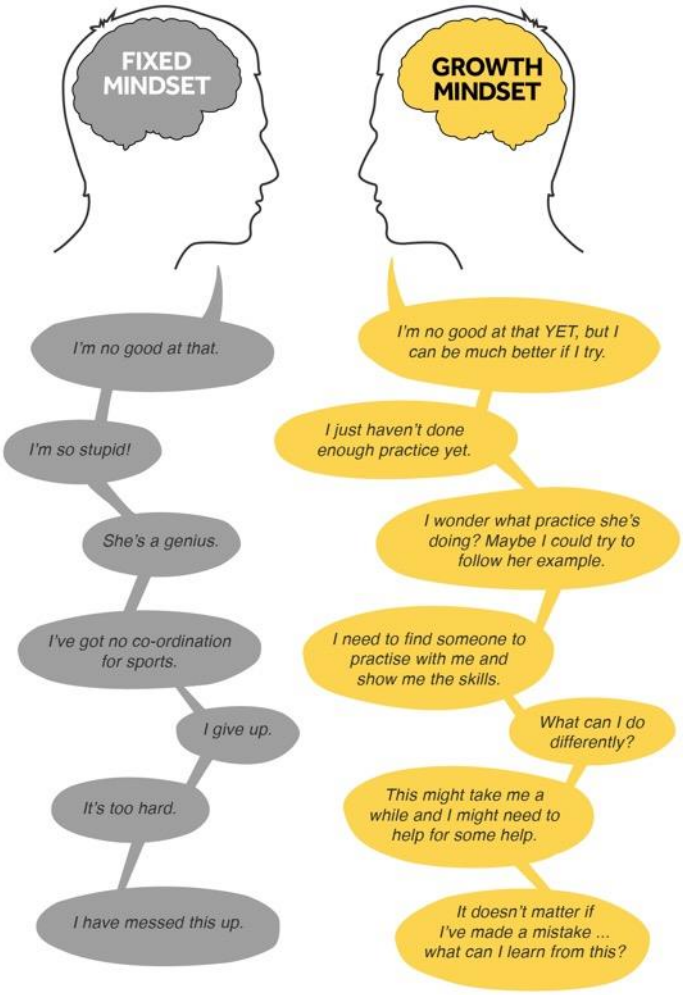
- Think about a time when you showed a ‘kid awesome’ attitude. Write about it here:

- Write down the kind of person you want to be at secondary school.

Session 2
Unlocking your mind

TASK:

- Look at these two people, each with a different mindset.



- Which mindset are you and why?
- Does it change depending on different situations in your life?
- Are you someone who thinks that you are just born intelligent?

The Worry Jar

- What are the things you tend to worry about which might stop you from trying something new or hard?
- Write them down on strips of paper (or you can write them down in your booklet).
- Put those strips of paper in a worry jar – any jam jar or a pot will do.
- In a week's time, look at the strips of paper again (maybe with a parent or sibling) and see if the worries still apply.
- Throw away the ones that don't.
- Take a look at the ones that are still worrying you. Is there someone you can talk to about these?

Use this time before Year 7 to have a go at things.

TASK:

- Identify three things that you say you ‘can’t do’. Write them down.

1.
2.
3.

- Now write each thing down using a growth mindset approach. For example, ‘I can’t do maths’ turns into, ‘I am going to practise the things in maths that I can’t do yet’.

1.
2.
3.

- Think of something you’ve always wanted to get better at. Write it down. How could you practise that thing now?

Session 3
Dare to take risks

What are your hopes and dreams for secondary school?

You will be there from when you're 11 to maybe 16 or 18 years old. A lot will change in that time.

Write down your thoughts about the following:

- What do you hope you will achieve?

- What kind of person do you hope you will become?

- Write down three words that you hope people will say about you.

1.

2.

3.

Are you scared of failure?

Everyone will be scared of failure at some point in our lives, BUT sometimes fear stops us from doing things.

It can stop you from achieving your goals and dreams.

What are you worried about ‘failing’ in secondary school?

Some Year 6 students say that they are worried about some of the following:

- not making friends
- not being able to do the work
- that they won’t know where to go.

Think again about failure.
That is how we learn.
It is how we become determined.

Think of something that didn’t go quite as you had expected. What did it teach you?

Jot that down now.

Session 4
Making the change

Before you make a change, it is good to look back as well as look forward. Doing this can help you to see how far you have come! You started primary school when you were just 5 years old – you couldn't read or write back then!

School memories

Name three things that have changed the most about you since you started primary school.

1.

2.

3.

What will you miss most about your old school?

What are you most concerned about in your new school?

New school

Write down three things that you are really excited about doing in secondary school.

Write down three worries you have about secondary school. Speak to someone you trust about your worries to help you feel better.

Life is a journey…

Build on who are and what you have done in primary school…

Use it as a stepping stone to help you achieve, and enjoy a new school and environment.

What are the things that you have already done at primary school that you would like to build on?

Session 5
Lost but not lost

Remember when Matthew Syed talked about a 'growth mindset'? Now is the time to remind yourself of that!

Change the statements on the left so that they are positive and hopeful. Your brain sometimes tells you negative things that are not based on fact. Your job is to tell your brain that there is another way to think and that it is wrong sometimes!

Statement	Transform it!
I won't ever fit in.	This is not true – I will find people who are like me; I just need to find them!
I will always be lost.	
I can't do these subjects.	
I won't make friends like I had in Year 6.	
I miss my primary school.	
One of your own:	

This is the Triangle of Trust

Write down who is in your Triangle of Trust.
Put their names on the triangle.

Who can you talk to about different things?

What three things makes you feel happy and good?

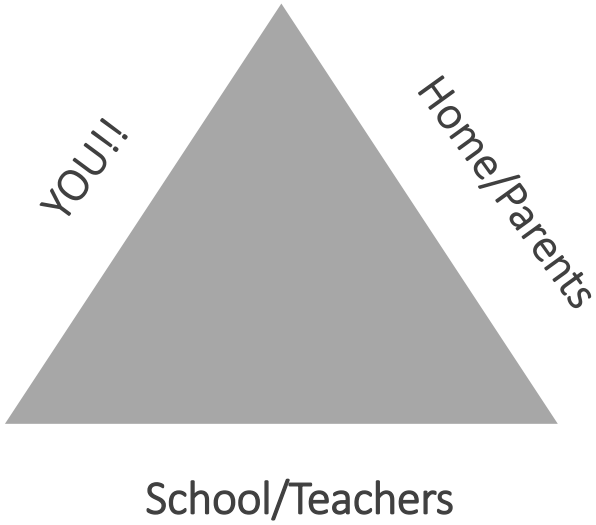
1.

2.

3.

Where is your safe place
to just relax?

Mr Burton's Triangle of Trust:



Session 6
‘Bouncebackability’

How do you handle bouncing back?

Answer the following questions/finish the sentences:

1. I have shown ‘grit’ when…

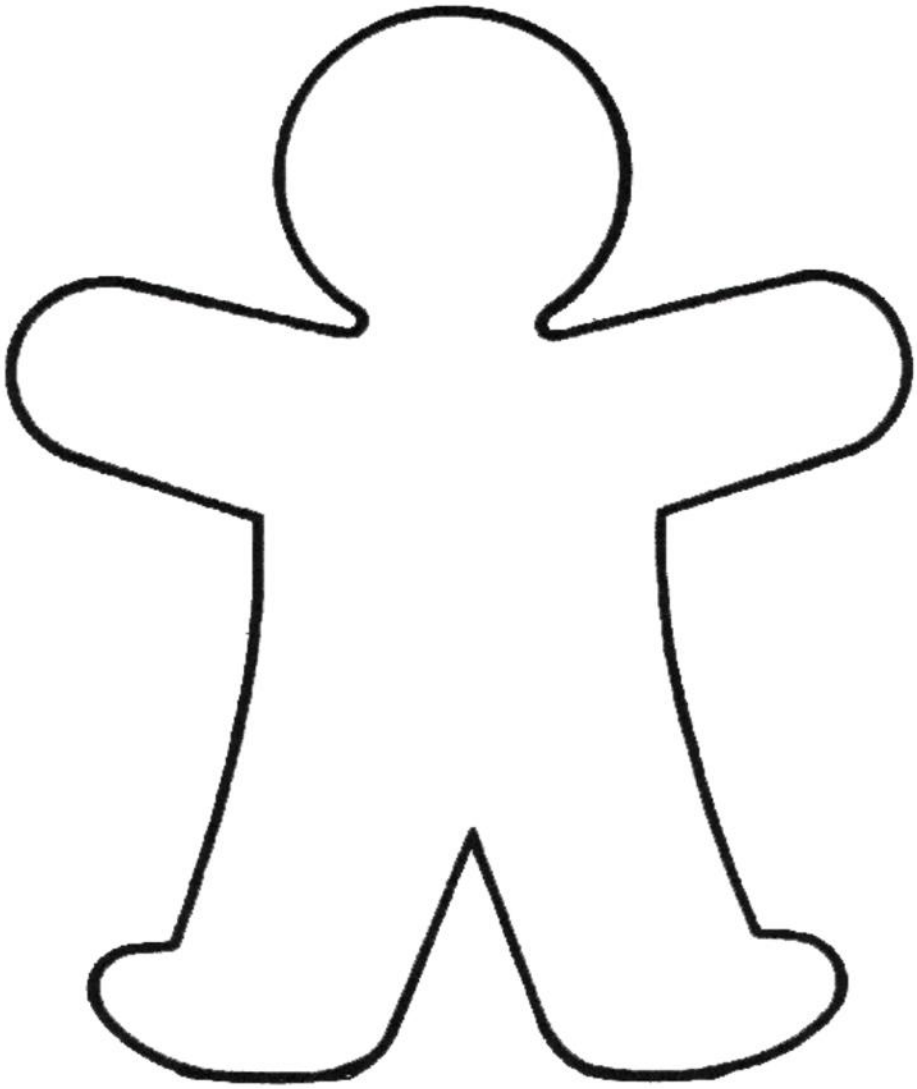
2. I need to show more determination when…

3. How do you handle making a mistake?
   What is your reaction?

4. Think of a time when you made a mistake.
   Were you kind to yourself?

What does ‘work hard’ and ‘be kind’ mean?

Fill in the person outline with all the things that you can do to show you are working hard.



Now think about what you can do to be kind.

How many of these things do you do already?

Highlight the ones that you would like to do more of!

Session 7
What is normal anyway?

What is the uniform you will have at your new school? Do some research, go onto the school website and have a look at what they say.

1. Write down a list of things that you have to wear.

2. What are you NOT allowed to wear?

3. Your equipment is also part of your uniform. What do you have to take with you?

Find out who you are and do it deliberately.

- Write down all of the ways in which you are different and unique.

- How may these help you in your new school or in life?

Session 8
Friendships and fallouts

What kind of friends do you want to have in secondary school? Make a list.

What kind of friend do you want to be to other people? Make a list.

Your friendships

- Who makes you laugh?

- Who is a good listener?

- Who can you trust?

- Who will give you an honest opinion?

- Who will help you get through the transition to secondary school?

Session 9
Living well

Keeping yourself well

Write down three things that you are going to do when starting your new school to help you stay well.

1.

2.

3.

Here are some activities that will help you get ready for secondary school. Why don't you try some of them?

Getting Ready to Go Big

While you are working from home, try and complete AS MANY of these as possible. As you complete the activities, write the date or colour in the box to help you keep track. You can paste any photos/links to your work into a PowerPoint document.

If you or your parents use social media, please share photos of you doing any of the challenges and tag **#BeAwesomeGoBig**

GOOD LUCK!

Write a letter to your future self. You could put it somewhere safe to open in a year's time. What is happening right now? How do you feel about it all? What are your biggest hopes and fears about moving school?	Write a letter to a teacher who has had a positive impact on your life so far. What do you want to thank them for? How have they impacted on your life?	Write your own autobiography. You might include: • When and where you were born • Important events in your life and how they made you into the person you are now • Things you would have done differently, if you had the chance • What your hopes are for the future.	Write down three ways you can be kind to someone this week.	'I am' poem: you will be meeting a lot of new people and friends when starting secondary school. Write an 'I am' poem to introduce yourself. It should be a minimum of 5 lines and a maximum of 10. e.g. I am excited to see my friends I am nervous about the different lessons I am worried about finding my way around I am looking forward to new subjects I am going to take part in sport
Take your first name, or that of a family member/friend and write it vertically on different lines. Complete each line with something positive which starts with the letter given (for example strengths and skills they/you have). This could be one word or ten!	Write a Haiku – a 3-line poem (1st line 5 syllables, 2nd line 7 syllables, 3rd line 5 syllables) on what it means to be kind in school.	Create your own musical instrument using household objects. You could use items from your recycling, dried beans, elastic bands etc. Experiment with different ways you could use the items to create sounds.	Have a conversation with the oldest person you know about their life. This could be a grandparent, friend, aunt or uncle. Before you do, think about the questions you would like to ask, such as: • Tell me about the food you ate. What were your meals like? What were your favourite sweets? • What games did you play? • What was it like being at school? Who was your favourite teacher? Was it strict? Did you have a favourite lesson? Was there a lesson you hated? • What was your favourite book or comic when you were my age?	Make your interview into a radio or television programme. Or, if you prefer, turn it into a magazine article with photos. Send it to the person you interviewed as a memento.
Write down three things you would do if a friend of yours was anxious about starting a new school.	Come up with three questions about the world around you that you would like to ask your new science teacher. For example, why does my cat have stripes?	Watch your favourite film or read your favourite book again. Write a letter to a friend explaining why you think that they should read it.	You will be studying maths at secondary school. Can you identify five times you have used maths in your daily life?	Make your own map of the neighbourhood. Identify key buildings, parks, statues, schools and anything else you can think of/that you notice. Perhaps use contour lines to show the height of different areas.
You'll study science at secondary school and you will need to understand about managing risk. Make a list of hazards involved when cooking dinner.	Create a powerful speech on something you feel passionate about. It might be a local issue, something global or a topic relevant to only you.	Find a recipe and work out the ingredients needed for 30 people.	Write a letter to the reception children starting at your old primary school. Tell them the best things about the school and what they have to look forward to during their time there.	Learn to tie three different types of knots.
Design a flying car of the future, imagining you are living in the year 2300.	Design a new logo for your secondary school.	Turn a favourite song or story into a picture that summarises it.	Write a newspaper article persuading people why it is important to study maths.	Write down three things you would do if you saw someone being unkind.

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Why don't you write to your new tutor at secondary school and introduce yourself?

Tell them what you have learned from doing the 'Be Awesome Go Big' sessions.

You could also enter our competition - visit www.beawesomegobig.co.uk.

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BE AWESOME GO BIG COMPETITION

You've come to the end of Be Awesome, Go Big so why not enter our **AWESOME competition** to win all of the books from the booklist?

All you have to do is write either:

A) a book review of *You are Awesome* or *Go Big*

B) a letter to the authors to tell them what you've learned from the sessions.

Type your answer here.

Take a picture of your work and get your adult to send it in.

Deadline date 1st July 2020, winner revealed on 15th July 2020.

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