

Section 2:

Preparing for change

This section of the toolkit explores how change may look for young people.

The activities and resources will encourage young people to think about what the change might look like for them, what simple steps they can take to get more organised and ready for the change.

Animation: School transitions part 2
The [animation school transitions part 2](#) encourages young people to consider challenges they may encounter and possible solutions that might work for them.

Worksheet: What changes might I expect?

This worksheet will create further dialogue regarding what young people might encounter in post-primary school.

Animation: School transitions part 3
Watch [part 3 of the animation](#), which explores how Blessing, Eoin and Jamie are getting on in their new schools and their experiences with changing friendships. After watching the animation with your class, you can use the worksheet in the next tab to explore their attitudes to changes in friendships.

Worksheet: Support with friendships
Use the friendship statement worksheet with young people to explore their attitudes towards friendship. It may

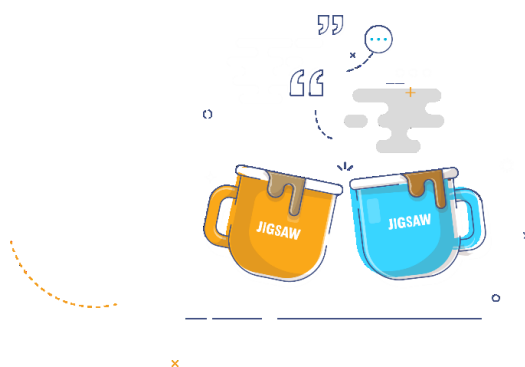
encourage them to think more flexibly about their friendships.

Resource: The friendship gif/card

Save this resource to the schools Google Drive for online downloading or print the card.

Worksheet: Let's get organised

The let's get organised worksheet can help young people to feel more in control. Ask young people to complete the worksheet with list of different things the young person can do when preparing for post-primary school.



For information, support, or just to find out more about what we do, visit jigsaw.ie



What changes might I expect?



Consider some of the following changes you may encounter and how you might respond.

If I get lost....

- I will ask one of the school staff where to go
- Ask another student
- Check my journal and remind myself of the classroom number
- Take note of where it is so I don't get lost next time
- Other: _____

If I feel like I am falling behind in class....

- Talk to a teacher I feel comfortable with
- Talk to an adult I trust about what I can do
- Start a study timetable
- Give myself time to adjust! It can be tough starting new subjects
- Other: _____

If I have lots of new friends, I will..

- Balance time between my new friends and my old friends
- Take some time to relax by myself. I need alone time too
- Include others who seem left out
- Take a moment to think about what these new friendships have taught me
- Other: _____

If I'm struggling to make new friends...

- Give myself time, everyone settles in at different rates
- Join a club or team in the school
- Start a conversation with someone new
- Talk to an adult about how I'm feeling
- Other: _____

If I am on top of my work and doing well in class I will..

- Share my good news with someone who cares about me
- Balance my time doing schoolwork with the things I enjoy
- Keep up the good work!
- Reward myself with something nice
- Other: _____

If I feel overwhelmed I will..

- Take a few deep breaths to help me feel calm
- Talk to an adult I trust about how I'm feeling
- Visit Jigsaw.ie for information on supports available to me
- Ask my teacher about supports in school
- Other: _____

1. We can make new friends and keep our old friends



disagree

agree

2. Friendships can change as we grow older



disagree

agree

3. Just because a friendship has changed, does not mean it has ended



disagree

agree

4. If a friend doesn't have as much time for us, they could be adjusting to their new routine



disagree

agree

5. We should only hang out with our old friends and not new people



disagree

agree

6. If a friend becomes distant, we should talk to someone about it



disagree

agree

7. We should allow ourselves and our friends space and time to adjust to changes



disagree

agree

8. Friendships can drift and return stronger than ever



disagree

agree

9. It can be useful to talk if we're having a hard time with one of our friends



disagree

agree

10. It's good to stay open to new friendships



disagree

agree



Stay open to friendship

Print and carry this when you need a quick reminder!

Remember that everyone is in the same boat as you. There will be others who feel the same as you.

Give yourself time! It may take some of us longer to settle in and make friends and that's OK.

Remember there may be others with similar interests and hobbies. Consider joining a club or team in school.

Friendships are better when they're not forced, pay attention to who makes you feel good about yourself!



jigsaw.ie/schoolshub

JIGSAW Young people's health in mind

Let's get organised

When we are about to experience a time of change or uncertainty, it can help us if we feel prepared and organised. Practising new skills can help increase our confidence.

Read some of our suggestions below and select what might work for you

Tick the box

| Over the summer.. | I do this already | I could try this.. |
|-----------------------------------------------------------------------------------------|-------------------|--------------------|
| I could pack my own bag when going training, or when staying in a friend's house. | | |
| I will plan with someone at home how I will get to my new school. | | |
| I will find out what books and supplies I need and help get these ready over summer. | | |
| The night before school.. | | |
| I will get my uniform ready for the morning. | | |
| I will pack my own schoolbag with the books and supplies I need. | | |
| I will prepare my lunch for the next day. | | |
| During school.. | | |
| I will create a timetable with details of all of my classes, the classroom and teacher. | | |
| I will write my homework down in my journal for each class. | | |
| I will have different notebooks for each subjects to write my notes. | | |