Year 6 Transition



Castle View Enterprise Academy



Life Skills

Classroom Rules DO NOT TALK DURING WHOLE CLASS EXPLANATIONS. DO NOT SPEAK OUT OF TURN. HAVE FULL EQUIPMENT READY. OBSERVE UNIFORM RULES AT ALL TIMES. BE AT YOUR OWN DESK AND FACE FORWARD. ATTEMPT ALL THE WORK SET. NO CHEWING.

What We Do

COMPLETE THE STARTER ACTIVITY IN SILENCE. TAKE PRIDE IN THE PRESENTATION OF OUR WORK. SHOW KINDNESS AND EMPATHY TOWARDS OTHER PEOPLE. ENJOY EACH OTHER'S SUCCESS. NOT BE AFRAID TO GET SOMETHING WRONG. BE RESILIENT. Respect each other



Learning Objective: To develop our ability to support aspects of our own mental health

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Growth Mindset



Click here for activities to take part in.

Click here to learn more.

Growth Mindset is a way of thinking about intelligence and learning. People who have growth mindset have the attitude that learning can take place through effort and practise. Having growth mindset allows people to feel more positive towards learning experiences and allows for more successful learning. Click here for a ctivities for the <u>whole family</u> to take part in.

The opposite is fixed mindset where someone believes their understanding can not be changed or developed.

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Resilience



Click here for activities to take part in.

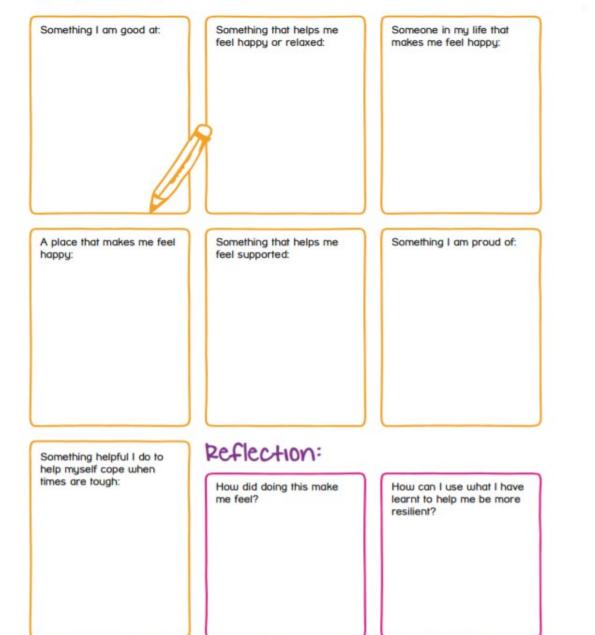
Click here to learn more.

Resilience is the ability to withstand obstacles and failure. You aren't born with resilience it is something that comes with practise and a positive mindset. To develop your resilience you need to accept failure and look at how to learn from it. Click here for <u>activities</u> for the <u>whole family to</u> take part in.

The opposite of resilience is defeatism. This means to give up and not attempt to overcome the issue.

Wellbeing and resilience

Try filling in as many of these as possible:



Putting On rose-tinted glasses, this means looking for positive aspects even when things don't go to plan:

Using the prompts around the image have a go at some positive thinking:

Say three positive things about yourself.

<u>10 n j</u>

Say three positive things about other people.



What is a positive person?

If something doesn't go to plan how would a positive person view it?

Say three positive things about a situation where something didn't go to plan, but turned out ok in the end.

Making Negative Thoughts into Positive Thoughts

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Often, we think negatively about a situation or an event that has happened or is about to happen. When we think negatively, we are likely to carry on thinking negatively, which helps to make the thought more powerful. When this happens, it is really difficult to find positive thoughts. This can lead to a one-sided view of a situation or event which is often not a true judgement.

Please complete the table below so you can see how you can change negative thoughts into positive thoughts.

Negative Thoughts	Positive Thoughts
My friends don't like me anymore because I can't go to the party on Saturday night.	Some of my friends can't go to the party either so we could meet up on Sunday instead.
I am not good at maths because I only got 16 out of 20 correct in my test.	
I don't want to move house as I won't make any new friends and I will be lonely.	
My new school won't be as good as my current school.	

Once you have completed these examples, complete the table below with your own negative and positive thoughts.

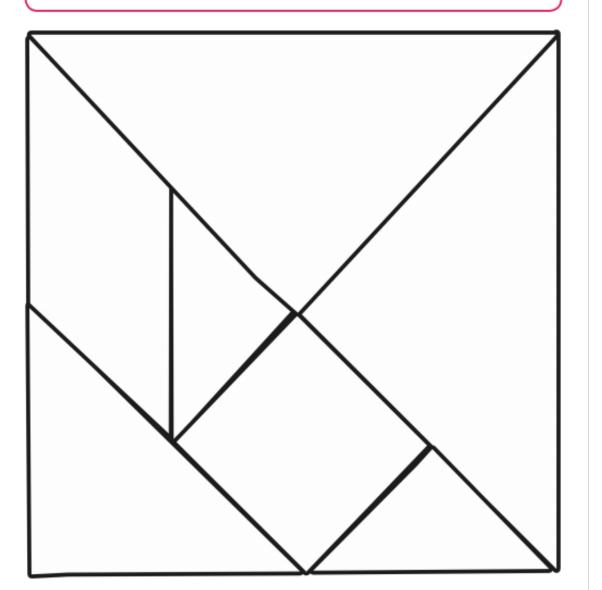
Think what positives you can see from the situation and how you can think more positively.

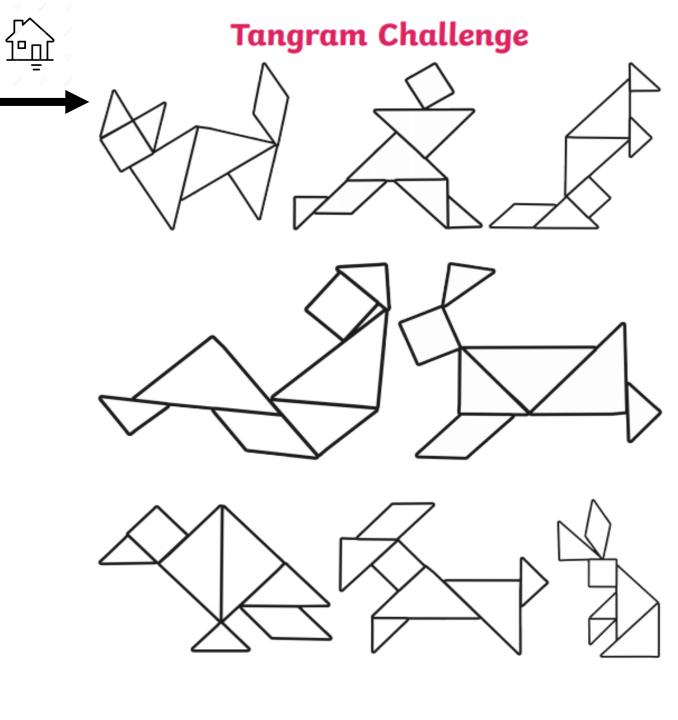
The more positives you can find, the more positive you will think, as the negative thoughts will be reduced and the situation will appear more balanced.

Negative Thoughts	Positive Thoughts

Tangram Challenge

Cut out the shapes below. Try to complete the tangrams on the following page. Concentrate hard and complete as many as you can in three minutes.





The 30-Day Positivity Challenge

Day 1	Day 2	Day 3	Day 4	*Day 5
Write down 5 things you are thankful for.	Design a logo or banner which reflects you as an individual.	Write a happy note for a friend.	Design a message in a bottle by writing down something you would like to achieve or that you are looking forward to today.	Help relax your mind with some mindful colouring. (It might include a bit of maths!)
Day 6	Day 7	Day 8	Day 9	Day 10
List 5 things, words or phrases that make you laugh.	If you could have any superpower, what would it be and why?	Write down 3 of your strengths.	Write about how you feel today.	Read a book or article.
Day 11	*Day 12	Day 13	Day 14	Day 15
Write down something you love about yourself. What makes you 'you'?	Word Wheel Challenge	Write down 5 places or countries you would like to visit.	List 3 three things you can do when you feel overwhelmed.	Write down something you ar excited or happy about.
Day 16	Day 17	Day 18	Day 19	Day 20
Write down or draw 5 things which describe you.	Draw your favourite meal.	Make up a new word and write down what it means (nothing rude or offensive).	Write down at least 1 thing which makes you happy.	Set a mini-goal for the day.
Day 21	Day 22	Day 23	Day 24	Day 25
Have a sort out – organise your planner, bag or pencil case, etc.	Build something using a single piece of A4 paper.	Write down a worry.	Draw a picture with your eyes closed.	Record 3 good things that have happened this week.
Day 26	Day 27	*Day 28	Day 29	Day 30
Send a smile: smile at 5 new	Ask yourself, 'What do I need to do today?' Write down a to-	Make an origami bird.	Write down 5 positive things about yourself.	Write down one thing you could change. This could be

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Hopefully you've managed to escape from the screen for a while during some of these activities - technology breaks are always welcome too!

We look forward to welcoming you to the CVEA community in September!