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The PXL Club Ltd in partnership with Hachette UK

Session 5

Lost but not lost

It is session 5 already! Matthew and Gemma are back to tackle one of the most worrying things many Year 6 students think about when going to secondary school: getting lost!

Matthew Burton



Gemma Oaten



In Session 4, we looked at managing change and all the things that will be different when you go to secondary school.

We looked at some ways of managing that change and encouraged you to have a great first day.

It is going to be a great time to meet new people and to try new things.



Have you ever felt lost?

Sometimes we all feel lost and it might be during the following situations:

- Moving schools
- Moving home
- Going to a new club
- Playing a new sport
- Trying a new skill or task
- Solving a problem



Starting a new school can make you feel a bit lost **BUT remember that you are NOT ALONE.**



We can often have fears of being lost and that is okay.

You don't need to worry about being lost and here is why!

1. You will have an older student as your guide on the first few days, as well as a map.
2. At the start, you will be shown where to go and taken to the next place/lesson.
3. Everyone else in your classes will be feeling the same.
4. Your Form Tutor is there to help you.
5. You will have a map and walk around the school together so you will know where to go.
6. For the first day, or more, you and your class are usually all together in one place, anyway.
7. You can ask an older student or a teacher where to go – they always want to help.
8. Braunton Academy has older students (Peer Mentors) who are specifically there to help.
9. The Academy is full of people who want to help you – just ask them!

Being physically lost is more obvious, but sometimes we can also feel emotionally lost. These are some of the signs:

Missing what you know

Not interested in hobbies

Unable to concentrate



Wishing things were the same as before

Lack motivation

Feeling numb

Feeling hopeless

Feeling helpless

If you are worried then sometimes you can experience:

Feeling sick

Feeling tired or
having no energy

Trouble sleeping

Feeling tense

Feeling anxious

Having a
headache

Not feeling
hungry



We all have times when we feel a bit strange because everything is different. This is a normal part of going through change and it does pass.



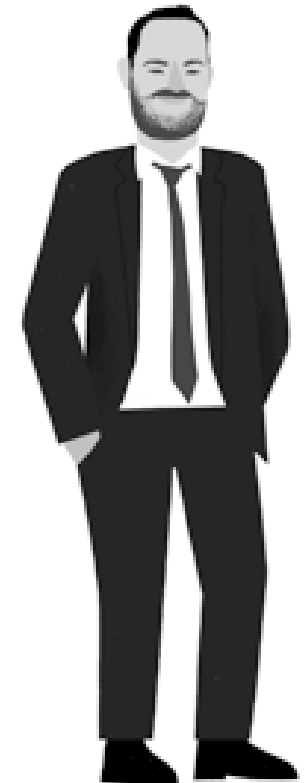
Remember when Matthew Syed talked about a 'growth mindset'?
Now is the time to remind yourself of that!

In your workbook, 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:	

Matthew suggests some ways to help when you feel both kinds of 'lost' – emotionally and physically!

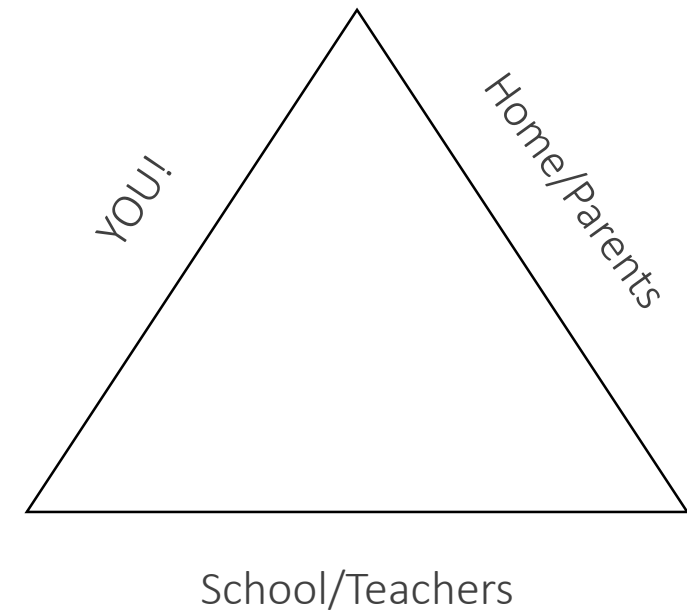
1. Ask your way around.
2. Accept help and find your 'go-to' person – someone you feel able to go to if you have questions or concerns. Your tutor might be that person.
3. Be honest – tell people how you feel.
4. Do your research – work out where things are.
5. Make sure you have your Triangle of Trust (more in a moment).
6. Don't look back – focus on this new world.



This is the Triangle of Trust

- Write down who is in your Triangle of Trust. Put their names on the triangle in your workbook.
- Who can you talk to about different things?
- What three things make you feel happy and good?
- Where is your safe place to just relax?

Mr Burton's Triangle of Trust:



Starting anything new is both exciting and a bit scary BUT it is worth it because being at Braunton Academy is going to build on all of the great things you have experienced at primary school. It is the time when you are going to work out what kind of person you want to be and the kind of things you like.

Soon you will be in a routine and everything will become familiar. That 'new Year 7' feeling doesn't last very long.

After a week, you will start to feel at home....as though you have been at Braunton Academy for years!

Now start to let yourself feel excited!



Secondary school will be great because you meet loads of new people.

That means there will be more room to swim and more fish to jump around with!

Gemma can help us navigate some of these feelings too.

