

# YOUR CREW: TRANSITION TO HIGH SCHOOL



The transition from primary to secondary school is a significant milestone for students, full of excitement, anticipation, and often, a touch of worry. This program has been designed to guide Year 6 students through this journey, providing them with practical tools and strategies to navigate the challenges and opportunities they will face as they enter high school. The aim is to equip students with the skills, emotional resilience, and social awareness necessary for this new chapter of their educational journey.

This program consists of engaging activities that focus on emotional growth, building friendships, managing worries, developing resilience, and embracing change. Each activity has been crafted to foster reflection, encourage group discussions, and support students as they explore what this transition means to them personally. As educators, you'll be able to use these activities to facilitate meaningful conversations, help students identify their goals and concerns, and create a supportive classroom environment during this pivotal time.

## How it works:

This program includes eight engaging, 60-minute lesson plans, each designed to support Year 6 students as they navigate the transition to secondary school. Every lesson plan is fully equipped with teacher notes, supporting slides, and printable worksheets—everything you need to deliver the content with ease.

Each lesson is structured to foster reflection, group discussions, and hands-on activities that promote emotional growth, resilience, and social awareness.

## Program Objectives:

- **Emotional Preparation:** To help students recognise and manage the emotions they might experience during the transition to high school, from excitement to anxiety.
- **Friendship Building:** To encourage the development of positive relationships and equip students with the skills they need to form new friendships in high school.
- **Resilience Development:** To help students build resilience by identifying their strengths and learning strategies for overcoming challenges.
- **Self-Reflection:** To guide students through reflecting on their primary school experiences, their hopes and worries about high school, and their personal growth.
- **Digital Citizenship:** To prepare students for responsible online behaviour as they take on more digital responsibility in high school.

This program is more than just a series of activities, it's a holistic approach to helping Year 6 students transition to high school with confidence, emotional intelligence, and a sense of belonging. By taking part, your students will feel more prepared and develop important skills like self-awareness and resilience, which are essential for handling the challenges of high school. Join us in making the transition smoother and more enjoyable for your students, setting them up for success in their next educational chapter.

Bring this free program to your school —  
email [schools@harrisonriedelfoundation.com](mailto:schools@harrisonriedelfoundation.com) to find out more.

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