

Primary School teachers/support staff may not have the opportunity to talk to individual pupils to about how they feel about moving to Secondary School. 'You Rule' may give school staff an understanding of how pupils feel about different aspects of transition, and may highlight areas that could be worked on using whole-class or individual activities. 'You Rule' may also help open up class discussion about areas that pupils may be looking forward to or are worried about and so provides an opportunity for school staff to discuss coping strategies with pupils.

Aims of the activity

- To understand how different pupils feel about different aspects of the transition process.
- To promote discussion of coping strategies.

Instructions for activity

- Each pupil should be given a paper copy of 'You Rule'.
- For each question, pupils should consider how they feel and should colour in the ruler appropriately. For example, if a pupil is worried about packing their school bag they should colour up to the sad face, if they feel ok about it they should colour up to the middle face and if they feel happy and confident about it they should colour up to the happy face.
- The blank rulers to the right of the page provide an opportunity for pupils to write any other aspect they may be concerned about.

Adapting the activity

- The activity could be adapted into a whole class activity by making a large ruler that the whole class can help colour in. This may allow school staff to gauge how pupil's are feeling at different points of the transition process, e.g. after school visits or towards the end of the summer term.
- The areas that the pupil is concerned about (sad face) could be used as a goal setting prompt. School staff could encourage pupils to think of ways in which they could work to change these aspects and help them set appropriate goals. The originally completed 'You Rule' document can then be reviewed and recompleted at a later date. This may encourage the pupil to see areas that they've improved on.
- Encouraging the pupil to focus on aspects they are excited about (happy face) will help the pupil focus on positive aspects of the transition process.

Look at the rulers below. Think about how you feel about each ruler. If you feel worried or sad about it circle the sad face. If you feel ok circle the middle face. If you feel happy or confident circle the happy face. You can draw in the faces in between if you want to as well. You can write another thing you're excited or worried about on the blank rulers.

Before you move up to Secondary School, how do you feel about.....?

Making new friends



Learning new subjects



Going to a bigger school



Packing your school bag

