



Prestwich Arts College



Name:.....Form:.....



Ice Breaker!

the same game

Get the *signature* of a person who has the same **favourite colour** as you:

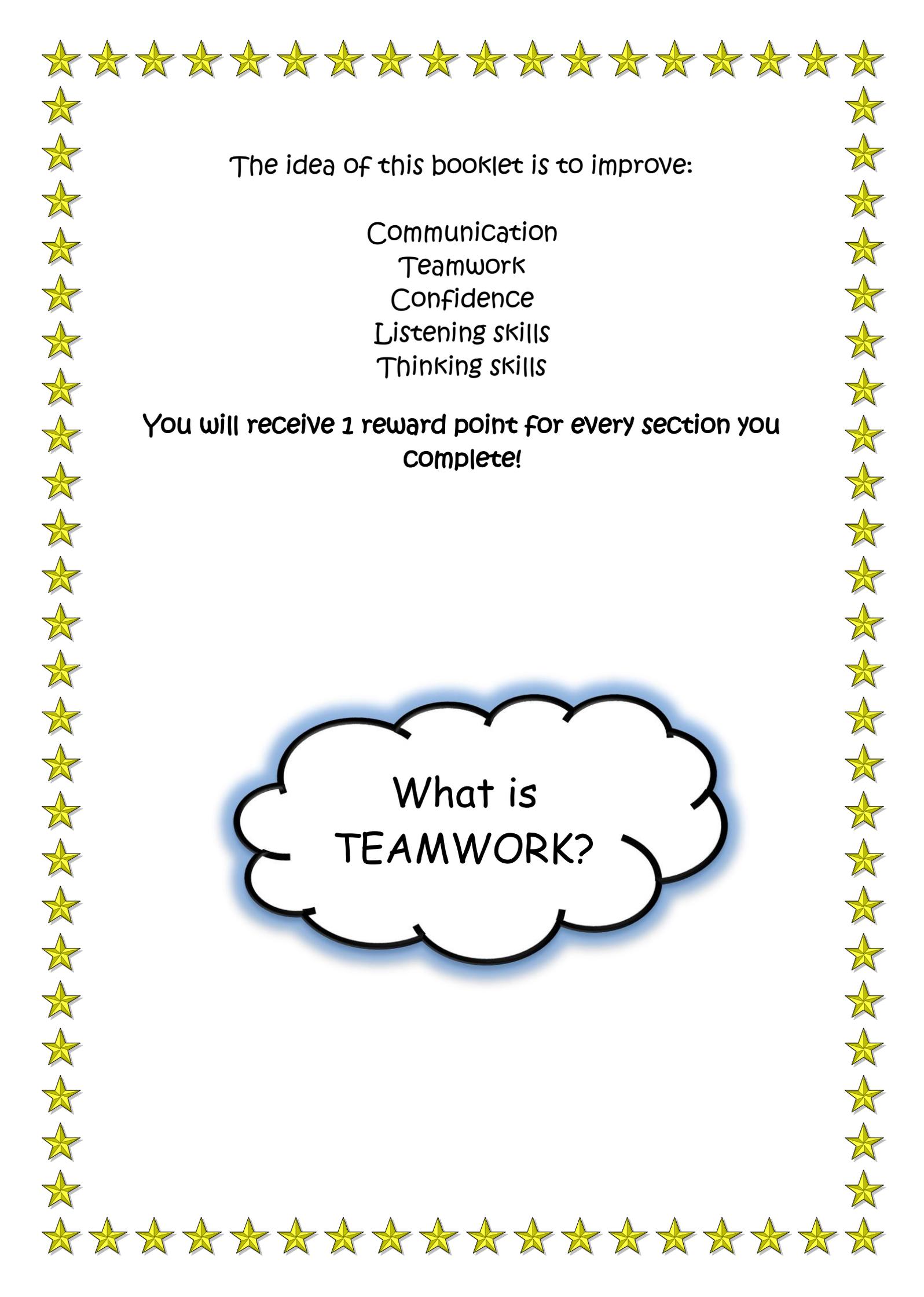
Get the *signature* of a person who has the same **favourite food** as you:

Get the *signature* of a person who has the same **favourite subject** as you:

Get the *signature* of a person who has the same **favourite hobby** as you:

Get the *signature* of a person who has the same **favourite celebrity** as you:

Get the *signature* of a person who has the same
favourite tv programme as you:



The idea of this booklet is to improve:

Communication

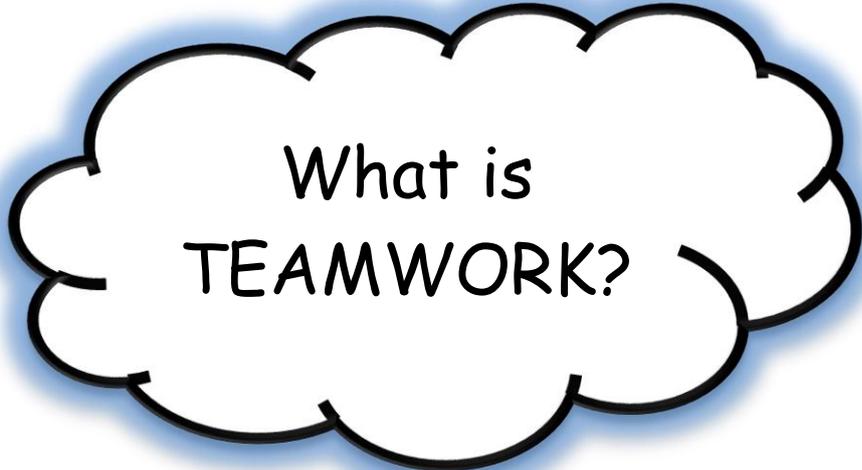
Teamwork

Confidence

Listening skills

Thinking skills

You will receive 1 reward point for every section you complete!



What is
TEAMWORK?



ABOUT ME

Hobbies

.....
.....

Favourite subjects

.....
.....

What I want to be when I am older

.....
.....

What I am interested in outside of school

.....
.....

What things don't you like?

.....
.....

Describe yourself in 3 words!

.....
.....



Going to Secondary School

How do you feel?

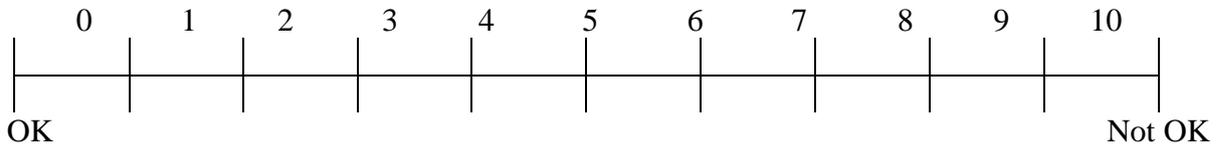
These could be useful to think about when you think about changing school.

Use two different coloured highlighters, highlight the phrases that you are looking forward to in one colour; use a different colour for those you are worried about.

Making new friends	Learning a new timetable
Dinner time	Taking a shower
Having a different uniform	Being on time
Finding way around	Break times
Getting to school	Learning new subjects
Meeting others my own age	Joining clubs
Being with friends	School rules
Homework	Meeting my new tutor
Meeting my new teachers	Being able to do the work
Being with older pupils	Getting changed for sport / PE

A solution-focused approach

Think about something that worries you about moving to Secondary School.



What is the worry? _____

On the scale of 0 to 10 how worried are you? _____

Think of a time when you have been worried before _____

What helped you move down the scale that time? _____

Where on the scale would you like to feel in a month, 6 months and in a year? _____

What would help you move one point nearer? _____

What will have changed so you know you are less worried? _____

VISION

Our vision for the school is 'realising greatness'; we want every individual in our care to have the opportunity to realise their own greatness.



How can you realise your own greatness at Prestwich Arts College?

.....

.....

.....

VALUES

Our school values are:

Be Respectful! Be Kind! Be determined!



When you start at Prestwich Arts College:
How can you be respectful?

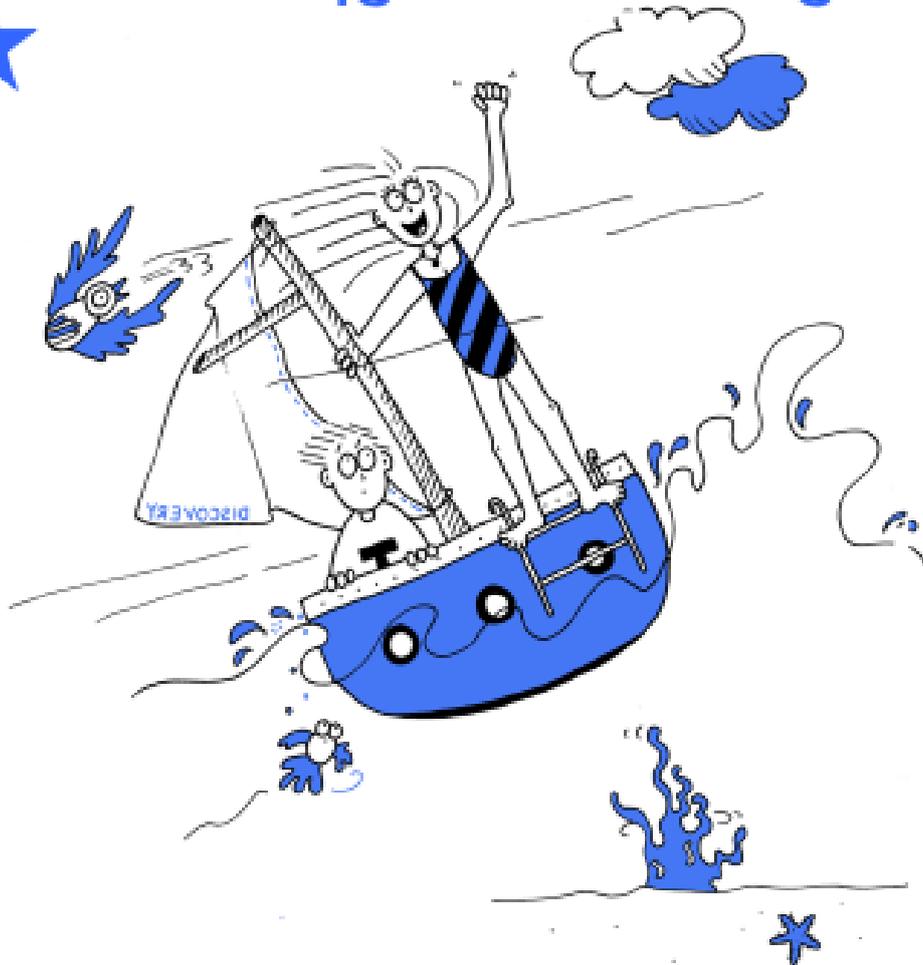
How can you be kind?

How can you be determined?

Exploring feelings

RECOGNISE FEELINGS...

How are you feeling right now?



Make a list of as many feelings or emotions as you can think of

Try drawing a simple picture of yourself feeling one of the emotions from your list; illustrate what happens to your body when you feel this way

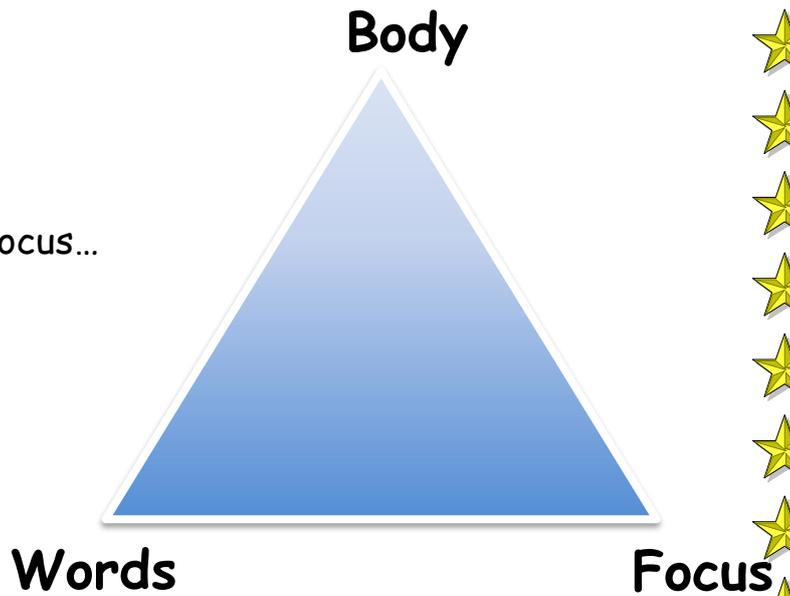
Observe other people and try to guess how they are feeling from their body language

Pick an emotion from your list and try to see what other feelings it is made up of (e.g. anger might be made up of hurt and sadness)

Pick an emotion from your list and see if you can generate other similar feeling words (e.g. angry, annoyed, cross) and then put them in order of intensity

Don't like how you feel?

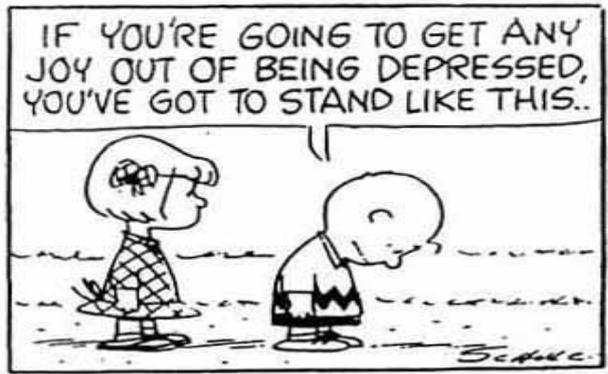
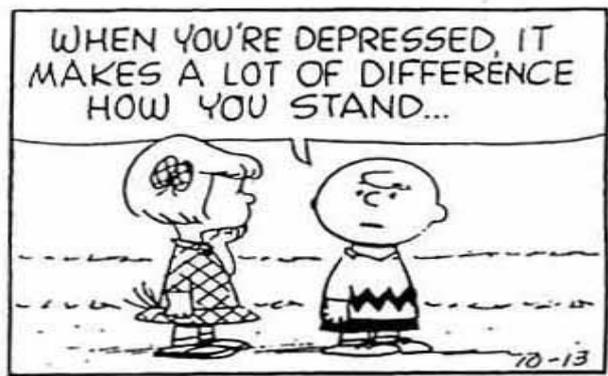
Here are 3 ways we change
how we feel in the moment
Change your body, words or focus...



Another way to remember this is:

Best
Way
Forward

Body: How you use your body affects how you feel.
Colour in the picture below



Example Situation: your friend didn't reply to your text. Why? Sometimes we imagine the worst before we know all the information.

Meaning YOU GIVE to the situation		Resulting feeling
Meaning 1. hasn't received text	➡	calm
Meaning 2. hasn't got credit	➡	calm
Meaning 3. lost phone	➡	calm
Meaning 4. too busy	➡	frustrated
Meaning 5. doesn't like you	➡	upset

Now think of a situation that you don't like. What is the meaning you are currently giving it? What are the words you are using to describe it? **What else could this mean?**

Situation:

Meaning	Feeling
1.	
2.	
3.	
4.	
5.	



Focus = Feeling

What you focus on you feel

Questions determine your focus, choose wisely.

Focusing on the positive things makes you feel better



Is the glass half full or half empty?

You decide.

Focus on the positive



"It's dark and wet outside
but we're warm and dry inside!"



Believing In Yourself

Quality Questions!

In a group, think of as many positive questions as you can!

e.g.

- How can I be even more organised today?
- What can I do to help others?



Highlight your favourite 3 questions!



snivel and shriek ☹️



How can you tell that someone is feeling positive?

Focusing only on the good things will help you feel more optimistic.

Hope for the best, don't always expect the worst.

Don't dwell on mistakes or bad experiences as these can hold you back and prevent you trying again and achieving your best.

Focus only on things you can really change.

Spend less time with negative people. Being around positive people can lift your spirits and give you the motivation to be a positive person yourself.

When you feel down, try doing or thinking about something (e.g. a hobby) that makes you feel happy or inspired.

Look at what you do have, not at what you do not have.

The Challenge ★★

Keep a record each day of all the things (large or small) that went well or for which you feel grateful.



What makes me happy?

We need to know what makes us happy so we can choose to do these things?

This page is for you to write down everything you can think of that makes you happy...



**DO
MORE
OF
WHAT
MAKES
YOU
HAPPY.**

Gratitude is the Best Attitude :-)

thankful

means being aware of something and feeling pleased or grateful for it

In your pairs or groups, think about what it means to you...



What if today, we were just grateful for everything?

What has gone well today?

How has someone helped you today?

What do you feel thankful for?

How has someone been a good friend today?

What makes you feel happy?

How have you helped someone today?

What makes you feel grateful?

How have you shown someone you care today?

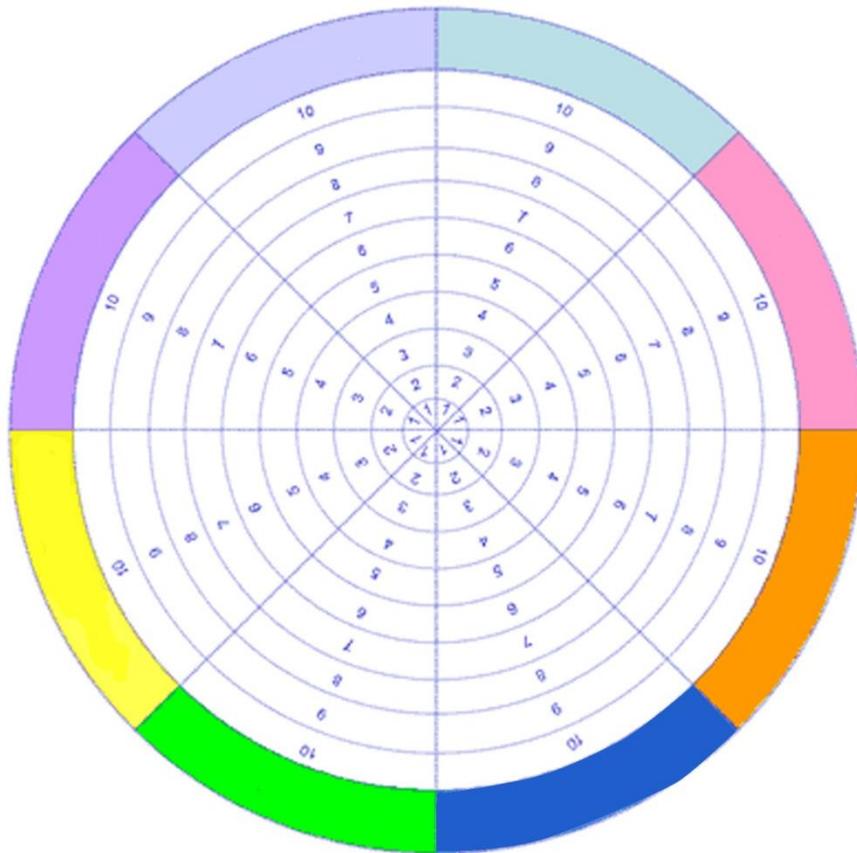
Who deserves a 'thank you' from you?

snivel and shriek

The wheel of life

How smoothly does your wheel roll?

1. Think of 8 things that are important in your life e.g., friends, family, sport, schoolwork, hobbies...
2. Label each section with your 8 categories
3. Shade in your section e.g. 10/10 would be fantastic, 1/10 would mean you are not happy with that category
4. Have a look at your wheel, are there any areas you want to improve?



The areas I want to improve are...

-
-

Some ways I could improve in these areas are...

Friendship skills

Vocabulary practice

Choose the right word to match the definitions.

advocate	disagree	trust	respect	empathy	confidential
compliment	advice	command	secret	support	apologise

- _____ an opinion or recommendation you make about what someone should do
- _____ to say you're sorry for something you said or did
- _____ private or secret
- _____ someone who defends and supports you
- _____ to have a different opinion from someone
- _____ to say something nice about someone
- _____ information that's not meant to be shared with others
- _____ to stand behind or encourage others
- _____ understanding what someone feels
- _____ to rely or have confidence in someone
- _____ to hold someone in high esteem
- _____ a direct order to do something

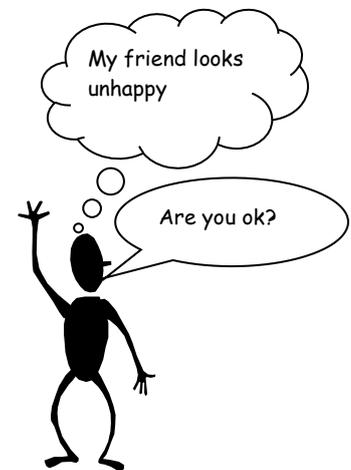
How to be a friend

Here are some positive things friends do for each other to keep their friendship strong.

- **Empathise.** Put yourself in your friend's situation to understand what they're going through.
- **Support.** You can show your support for your friends by just listening when they want to share.
- **Compliment.** Everyone likes to receive a compliment. Compliment your friend on a new hairstyle, a great score on a test, a smooth football move. Be specific and keep it simple. Choose the right moment to give the compliment.
- **Respect privacy.** Sharing secrets is a fun part of a friendship. It's hard to regain your friend's trust if you tell secrets you weren't supposed to share.
- **Encourage.** Use encouraging statements like, "You can do it".

When you wonder if you are being a good friend, ask yourself this question:

Am I treating my friend like I want my friend to treat me?



Making new friends

At Secondary School there are likely to be students from other schools. There will be opportunities to make new friends. It can be difficult to get to know someone new.

It may help to act out meeting new people and use some of these suggestions.

- Smile when you say “**Hello**”.
- Start the conversation by asking a question about what they are doing
“**What are you doing?**” or “**What are you reading?**”

or about something you have in common
“**So how do you like this lesson?**”

- Introduce yourself
“**By the way my name is _____, what’s yours?**”
- Ask some other questions to find out about them. Suitable topics may be:

School: **What are you studying?**
 Who is your teacher?

Home: **Where do you live?**
 How do you get to School?

Interests: **What do you like doing?**
 What’s your favourite TV programme?

Family: **Have you any brothers and sisters?**

- If they answer your question respond to some of the information they have told you. If you can, ask another question.
- Do not ask about
“**That’s my favourite lesson too. I enjoyed working on the computers. What did you like doing?**”
- Do not ask about sensitive topics. These are topics that could make the other person upset.
- Don’t ask about something that makes the person look or sound different.
- Don’t ask about any problems he or she may have.

Teasing and Sarcasm

Some teasing is done in good-natured fun, but when teasing gets out of control it can be hurtful. Before jokingly teasing a friend, ask yourself these questions:



Is this an okay subject to tease someone about?

Will my friend understand that I'm teasing?

Have I been teasing my friend a lot lately?

Will this get on my friend's nerves?

If you are teased and you don't like it, resist the urge to hit or push your friend. You can ignore the teasing and simply walk away, or you can respond to the teasing by trying to diffuse the situation. Try making statements like these:

- "And your point is...?"
- "I've heard that one in primary school"
- "Tell me when you get to the funny part"
- "Can't you think of anything important to say?"
- "I'm sorry, were you speaking to me?"

Sarcasm can be a form of teasing. The words in this kind of teasing are nice, but the way the words are spoken adds to the teasing of sarcasm. When you use nice comments to be sarcastic, you exaggerate the expression in your voice and on your face. Say each phrase on the left in a sarcastic tone to show the meaning on the right.

"Yeah, whatever"	means: You are not bothered
"Ah, well done"	means: That's stupid
"Pizza face"	means Spotty face

Before you tease someone, ask yourself this question:

Am I treating this person the way I would like to be treated?



What is a comfort zone?

In school and at home we do things that are outside our comfort zones such as play a new sport - these things help us learn and we become better people from them.

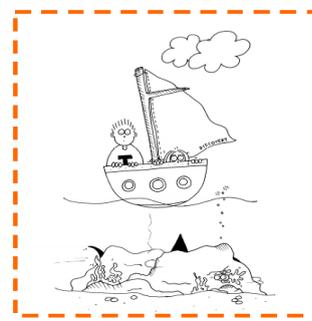


Facing our fears! Can you think of some examples from your past?

Often we don't acknowledge the fears we have faced - this page is for you to do that!

I faced a fear...

snivel and shriek



I faced a fear...

snivel and shriek



I faced a fear...

snivel and shriek



