

Y6 Transition Space for 2020

Guide for Teachers

Aim

These reflective activities are designed to help Year 6 children process their transition from Primary to Secondary school, with current social distancing measures in mind (Term 6, 2020). The activities require limited resources – the kinds of things that children will have on their desks.

Flexible Organisation

All of the activities can be done indoors or outside. For some activities there are two versions – one of which can only be done outside. If delivered altogether, they could take up to two hours. It may be best, therefore, to split the activities into two sessions or allow children to do one or two activities at a time, over the course of several days. There are ten activities in total and each one will take between five and 15 minutes to complete. They are open-ended, so timing will depend on the engagement of each child. These activities could also be used by Year 6 pupils who have chosen to stay at home this term. Feel free to send the video (if your local church has produced one) and activity instructions home via email. Versions of these activities, and many others like them, can be found here: www.prayerspacesinschools.com/prayer-spaces-at-home

Presentation format

The instructions for each activity are set out below. You could print these out and use them to introduce each activity. Alternatively (or in addition), you may like to use the Powerpoint presentation slides, which include a short summary of the instructions for each activity. Having introduced each activity, you could display the corresponding slide for 15 minutes for the children to read and respond to at their table.

Atmosphere

Each activity invites the children to reflect and/or pray, whether by writing or drawing something, or simply by thinking. It's important that the children know that none of their responses will be assessed or judged, but that this is a time and space for their own thoughts.

To encourage the children to feel calm and relaxed, you may like to play some calming music.

We hope these activities will help the children process some of the changes they're going through.

Activity Themes

There are ten themes based on **looking back** and **looking forward**.

Looking Back

Theme	Activity
1. How have I grown during primary school?	Hands of Change
2. Remembering the WOW moments	WOW!*
3. Saying thanks for those who have helped me	Thank You Poster
4. How can I end well?	Leave It There

Looking Forward

Theme	Activity
5. Facing new challenges	Hand Challenge/Leg Challenge
6. I am not alone	My Team
7. Encouragements	Words to En-Courage**
8. Letting go of worries	Let Go***
9. Who will I listen to?	Sound Survey
10. Hopes and dreams for the future	Aeroplane Hopes

* Children will need to bring in/find a leaf

** During this activity you could play the song 'You Say I Am' by Lauren Daigle

*** For this activity you will need a box for children to post their worries

Guide to Introducing the Transition Space: (or use church's video if appropriate)

[Name of local church contact] has kindly sent us some activities that will help us think and reflect on the move up to Year 7. Each activity also gives you the chance to pray quietly in your head if you want to. There's absolutely no pressure to pray – it's just an option for those of you who want to.

For each activity there is *something to think about and something to do*. Some of the activities will help you look back at your time in this school and the others will help you look forward to Secondary school.

[Explain how you will organise the activities: one or two per day, or an hour of activities for 2 or 3 days, or however you want to organise it. Explain whether you will be posting up the Powerpoint slides in the classroom or taking the children outside].

While we're doing these activities, we're going to try and keep things quiet and calm. This is your time and your space to think, reflect and pray if you want to. No one is going to check what you've written down or drawn, and you won't have to share any of the things you've thought about if you don't want to. You will only need the things on your table. If you need anything during the session, you can ask me.

Activity Instructions:

Looking Back

Activity 1

Hands of Change

Equipment

Paper, pencils

Instructions

- Look at your hands. Have they got bigger since you started this school?
- Your character has grown too. Perhaps you've become more confident, or more kind, or more willing to try something new?
- Draw round one of your hands. Write or draw the ways that your character has grown.
- If you want to, you can say thank you to God for how much you've grown and changed.

Activity 2a

Wow!

Equipment

Leaf, paper, pencils, glue stick if available. Ask the children to bring in a leaf that they like, or look for leaves together in the school grounds

Instructions

- Look at your leaf – the shape, the pattern, the colour, the texture. WOW! Even a single leaf is incredible!
- What were your 'WOW!' moments in primary school? Maybe something fun, something you did well, or something that happened?
- Stick your leaf in the middle of your piece of paper. Write or draw your WOW! moments on/around it.
- If you want to, you can thank God for them.

"God has done great things for us, and we are filled with joy." (The Bible)

Activity 2b

Wow! (Outdoor)

Equipment

Somewhere dry to lie down

Instructions

- Lie on the ground and look up. What can you see? Perhaps some clouds or trees or the blue sky? WOW! Nature is so amazing.
- What were your 'WOW!' moments in primary school? Maybe something fun, something you did well, or something that happened?
- Lie still and think about those 'WOW!' moments. Enjoy the memories!
- If you want to, you can thank God for them.

"God has done great things for us, and we are filled with joy." (The Bible)

Activity 3

Thank You Poster

Equipment

Paper, pencils, scissors

Instructions

- Think about all the people who have helped you during your time at this school. Maybe friends, teachers, helpers, or volunteers.
- Write **THANK YOU** in big bubble letters on your paper and colour them in. Then write the people's names, or draw pictures of them, around the letters.
- If you want to, you can thank God for them.

Activity 4

Leave It There

Equipment

Paper, pencils

Instructions

- It's nearly the end of your time at this school. Leaving things behind can help you to move on.
- What do you want to leave behind? Maybe something you are sorry for? Maybe you want to forgive someone who hurt you? Maybe you want to leave behind things that haven't been good?
- Draw or write these things on a piece of paper. Then screw it up and throw it in the bin to leave it behind and move on.
- If you want to, you can tell God what you are leaving behind.

"I forget what is in the past and try as hard as I can to reach the goal before me." (The Bible)

Activity Instructions:

Looking Forward

Activity 5a

Hand Challenge

Equipment

Paper, pencils

Instructions

- At your new school, there may be some new challenges. Someone once said, *"A challenge is an opportunity in disguise."*
- Use your non-writing hand to draw around your writing hand. It's a challenge!
- What challenges will there be in Year 7? Write or draw them on one side of the hand.
- What opportunities will there be? Write these on the other side of the hand.
- If you want to, you can ask God to help you face the challenges and learn new things.

"I am the LORD your God, who holds your right hand... Don't be afraid! I will help you."
(The Bible)

Activity 5b

Leg Challenge (Outdoor)

Equipment

None

Instructions

- At your new school, there may be some new challenges. Someone once said, *"A challenge is an opportunity in disguise."*
- Try standing on one leg for 10 seconds. Now try standing on the other leg for 20 seconds. It's a challenge!
- Face one direction. What challenges will there be in Year 7?
- Now turn and face the other direction. What will you learn by overcoming those challenges?
- If you want to, you can ask God to help you face the challenges and learn new things.

"I am the LORD your God, who holds your right hand... Don't be afraid! I will help you."
(The Bible)

Activity 6

My Team

Equipment

Paper, pencils, scissors, instructions for making people paper chain

Instructions

- When you move on to Year 7, you're not alone. Think about the friends and family who love and support you. They are your team!
- Make a paper chain of your team. You can draw their faces and colour them in if you want to.
- Think about the ways they have loved and supported you this year. They'll still be cheering you on when you go to your new school too.
- If you want to, you can thank God for them too.

Activity 7

Words to En-Courage

Equipment

Paper, pencils

Instructions

- It's normal to feel nervous about moving on to Year 7. Sometimes we need to be ENCOURAGED. People can give us COURAGE with their words.
- Write the names of everyone in the room on your paper. Now try to write a good word or a good sentence about each person beside their name.
- Later, we'll share what we've all written to ENCOURAGE each other.
- If you want to, you can ask God to help you believe the encouraging things people have said about you.

Activity 8a

Let Go

Equipment

Paper, pencils, box for posting worries

Instructions

- When things are changing, it's normal to feel worried and unsettled. In what ways do you feel worried about leaving this school and moving on to Year 7?
- Tear your paper into pieces and write a worry on each piece. Then fold them up and put them in the Worry Box. Try to imagine letting your worries go as you do this.
- You may want to talk with a friend or an adult about your worries as well. Sometimes that can help.
- The Bible says, "*Give all your worries to God, because he cares for you.*" If you want to, you can do this.

Activity 8b

Let Go (Outdoor)

Equipment

Grass

Instructions

- When things are changing, it's normal to feel worried and unsettled. In what ways do you feel worried about leaving this school and moving into Year 7?
- Pick a blade of grass for each worry that you can think of. Then throw them in the air, one by one, and let them go. Try to imagine letting your worries go as you do this.
- You may want to talk with a friend or an adult about your worries as well. Sometimes that can help.
- The Bible says, *"Give all your worries to God, because he cares for you."* If you want to, you can do this.

Activity 9

Sound Survey

Equipment

Paper, pencils

Instructions

- Draw a big circle on your paper and draw yourself in the middle. Sit quietly and listen carefully for a few minutes. Around your circle, draw or write each sound that you hear in the direction that you hear them.
- As you move into Year 7, you will hear lots of new things from lots of new people. It's good to listen to the voices – and to ignore some things which aren't going to help us.
- Who do you think will be good to listen to? Who will give you good advice and support? Write their names on your paper too.
- If you want, you can ask God to help you listen to good advice.

Activity 10

Aeroplane Hopes

Equipment

Paper, pencils, instructions for making a paper aeroplane: bit.ly/37mxu44

Instructions

- Think about next year and about moving into Year 7. What are you hoping for?
- Draw or write your hopes onto your paper and then fold it into a paper aeroplane. Perhaps later you can launch your plane carrying your hopes and dreams. Or you can take it home to remind you of them.
- In the Bible, *"God says, 'I have good plans for you... I plan to give you hope and a good future.'"* (The Bible) If you want to, you can talk with God about yours.

Ideas for following up

- 1** If the children don't mind, you could display some of their responses in the classroom. This can be helpful because they get to see that others are concerned about the same things and share the same happy memories. You could use the display to prompt a discussion about their transition to Secondary school.
- 2** Use a specific activity – perhaps the worry box from 'Let Go' – to discuss thoughts or experiences together as a class, which may help calm any anxieties.
- 3** Develop the 'Thank You Poster' activity by encouraging the children to create artistic cards to send to members of school staff who have helped and supported them.
- 4** Develop the 'Words to Encourage' activity by asking the children to create artistic cards for each other, perhaps with an encouraging message or a happy memory of that person.

Feedback

We'd be very grateful if you could give feedback to your church contact about this Transition Space resource:

1. Were the activities useful in helping children process transition from Y6 to Y7?

2. What would you change?

3. Would you add anything?

4. What did the children say about the Transition Space activities?