



What are your favourite memories of primary school? Can you think of something from each year group you have been in?

Who were your teachers & TA's?

Nursery

Year 3

Reception

Year 4

Year 1

Year 5

Year 2

Year 6

What makes a good memory? Think about a good memory and why you can remember it.



As a group, write down all of your best memories from EPS, and then we'll share them together.



Which memory will you share with everyone at the leavers' presentation

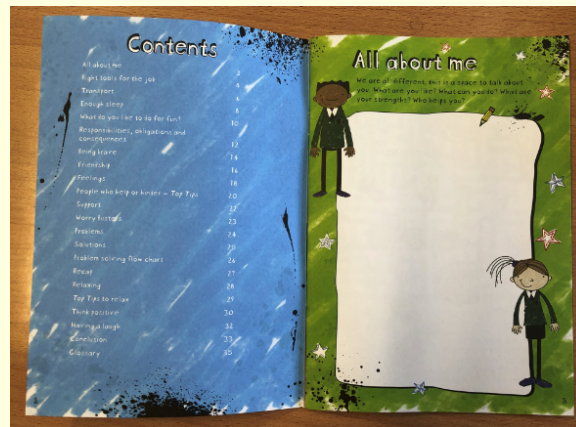
Write yours on a piece of paper and then memorise them. In 10 minutes, we will go around the room and share them. Make them as detailed as possible!

My favourite memory was when...

Transition work

Open your book and draw or write about yourself. Remember, only share things you feel comfortable with sharing e.g. your birthday, likes, dislikes etc.

This book **will** be taken to secondary school with you, so keep it neat and make it your best work!



Complete pages 4 and 5 in your book.

Remember, there are many different paths to choose in life, so make sure you choose the best one for **you**!



Let's take a look at page 6:

How do you currently get to school?

What's great about it?

Is there anything that worries you about your current journey to school?

Who do you see on your way to school?

Write your answers in your book.

How do you think you will get to secondary school?

If you are getting public transport, what will you need?

If you are getting the bus, you will need to get your parents to apply for an oyster card.

If you are getting the train, you will need to apply for a ticket.



Do you have any worries about your journey to secondary school?

Look at these scenarios; how would you deal with them?

You are getting the bus to school, but it never turns up.

You are getting the train to school, but you get off at the wrong stop.

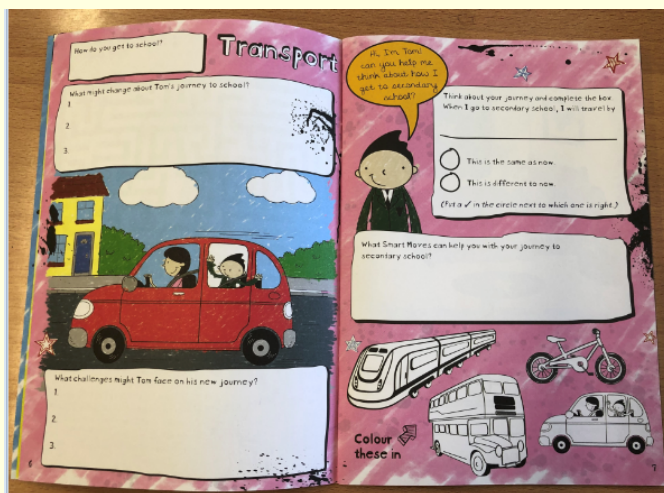
You are walking on your own back from school and feel like someone is following you.

You are cycling to school and you fall off your bike and hurt yourself badly.

You are meant to be walking to school with your friend, but they are already 15 minutes late.

In your book, write down your worries about travelling to secondary school and how you might make them better e.g. walking with friends, taking your phone to school etc.

If you can't think of any problems, use the ones we have just discussed



Sleep!

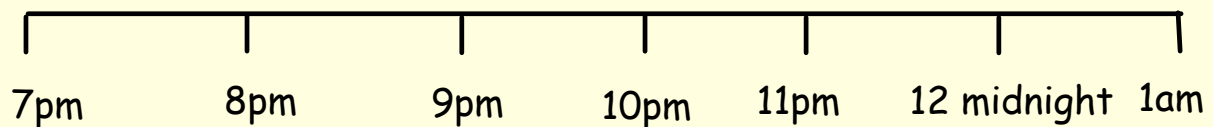
Why is sleep important?

Do you find it easy or hard to sleep and why?



Approximately what time do you go to bed and wake up - truthfully? Mark it in your book on page 8.

Mark on this timeline what time you go to bed.



Are the times similar?

How much sleep do you normally get?

How much sleep do you need?

Around 10 hours for children

Around 8 hours for adults.

How do you feel when you haven't had enough sleep?



Sleep quiz!

1. What is the ideal room temperature to help you get a good night's sleep?
2. True or false: teenagers need more sleep than adults?
3. True or false: eating cheese before you go to bed gives you nightmares?
4. What is the longest time anyone has gone without sleep?
5. True or false: it is good to stretch before you go to sleep?
6. True or false: bananas don't help you sleep?
7. True or false: chocolate helps you sleep?
8. True or false: using tablets and phones before you go to sleep helps you to sleep better?
9. True or false: reading a book or listening to music helps you sleep?

Sleep quiz!

1. What is the ideal room temperature to help you get a good night's sleep? 18-22 C
2. **True** or false: teenagers need more sleep than adults?
3. True or **false**: eating cheese before you go to bed gives you nightmares?
4. What is the longest time anyone has gone without sleep? 11 days
5. **True** or false: it is good to stretch before you go to sleep?
6. True or **false**: bananas don't help you sleep?
7. True or **false**: chocolate helps you sleep?
8. True or **false**: using tablets and phones before you go to sleep helps you to sleep better?
9. **True** or false: reading a book or listening to music helps you sleep?

Potassium in bananas is a natural relaxant to help you sleep.

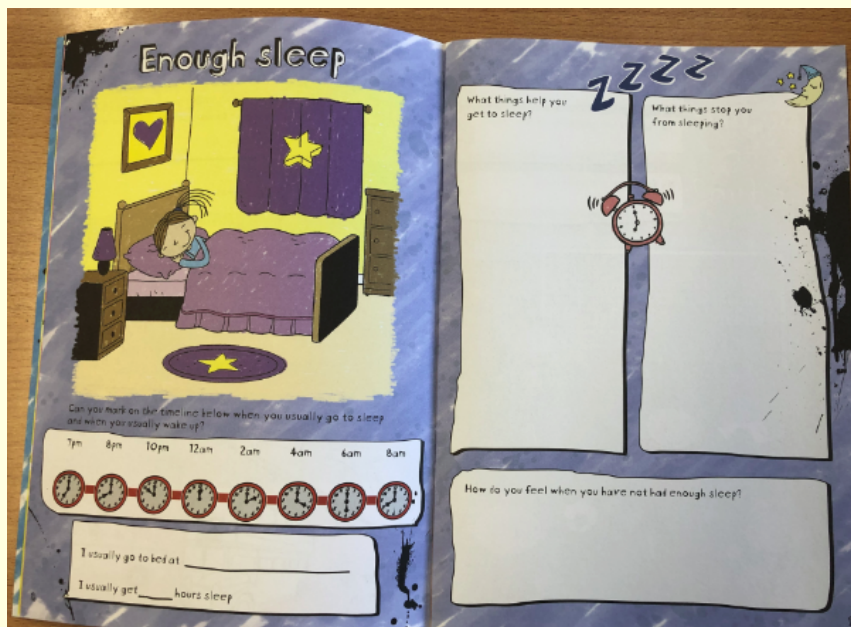
Sugar keeps your brain wired; stopping you from sleeping.

Blue light from screens will keep you awake as they stop your brain from producing melatonin, which is the chemical that tells you to sleep.

Calm activities will help you to sleep.

What can you do to help you have a good nights sleep?

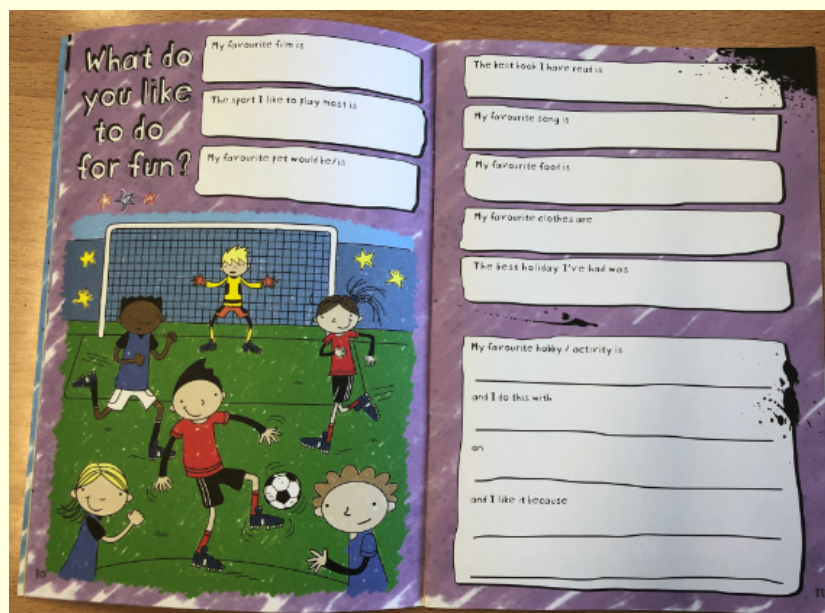
Fill in your book on page 9, and remember how important sleep is!



All about your hobbies!

Tell me one fun thing you did in the last two weeks.

In your book, answer the questions on pages 10 and 11 and then we will share them to find out all about your hobbies.



What clubs would you like to take part in at secondary school? Will you take up any new hobbies?

Examples of clubs:

keyboard
choir
iPad
journalist
art
coding
cookery

cricket
street dance
musical theatre
Taekwondo
gymnastics
trampoline



<http://www.roseberryschool.co.uk/students/enrichment/>



<http://www.glynschool.org/37/extra-curricular>



<http://www.blenheim.surrey.sch.uk/page/?pid=147>



What are the benefits of taking part in extra-curricular activities?



What do we mean by responsibility?

In your book on page 12, you must write down at least 2 things you are responsible for in each area.

myself



at school



where I live



world



How does being responsible help you to feel like you belong?



Can you remember any of the rights that you have?

Watch the video and think of the responsibilities that go with each right e.g. if I have the right to an education, then I must behave well and try my hardest in school.

**BECAUSE
EVERY CHILD
IN THE WORLD
HAS ONE THING
IN COMMON.
THEIR RIGHTS.**

<https://www.youtube.com/watch?v=V1BFLitBkco>

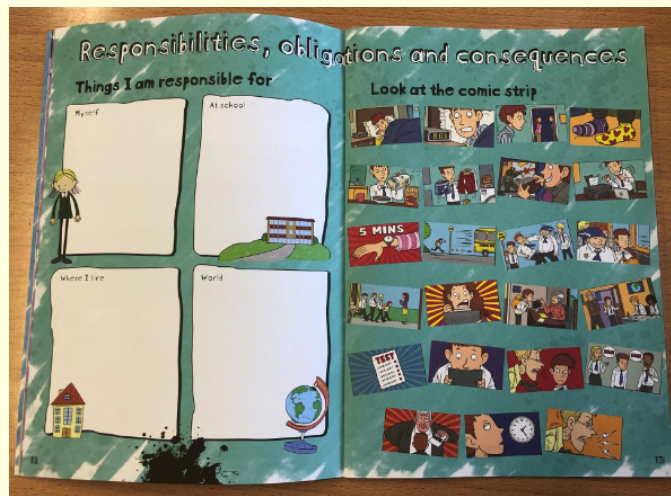


On your whiteboard, write down everything that went wrong with the boy's day.



What might have helped the boy? How could he organise himself better?

Write these things on page 12 in your book.



Being resilient, being a risk-taker

If you were a superhero, what powers would you have and why?



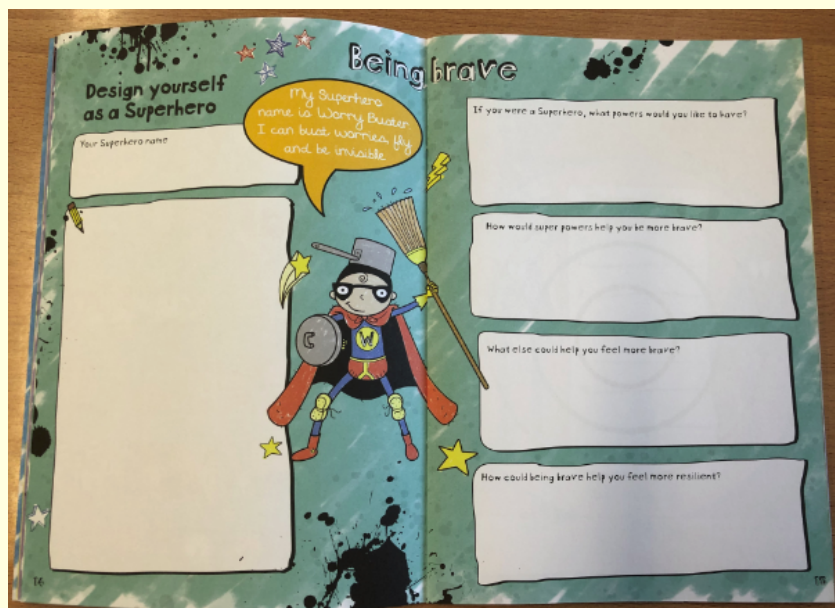
How would your super powers help you to be brave?



What else could help you be brave? How could being brave help you to be more resilient?



Fill in your book on pages 14-15. Remember to think about real-life superheroes as well!



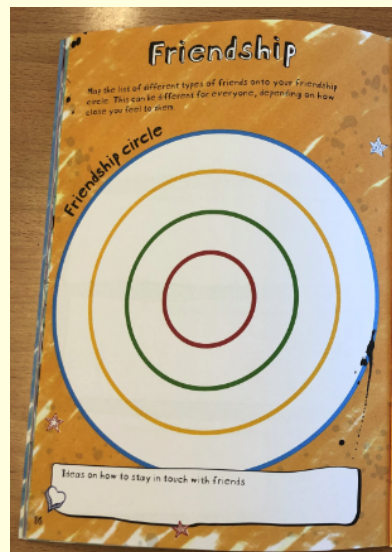
Can you think of any examples of when you had to be brave in school and how it made you feel?

Friendships!

Tell your partner an example of: your best friend, a friend and an acquaintance.



On page 16, write your best friend or friends in the red circle; close friends in the green circle; causal friends in the yellow circle and acquaintances in the blue circle.



How can you stay in touch with your friends when you leave primary school?

On page 17, write in your recipe all of the things that make a good friend. Put the most important one first e.g. trustworthy.

