

Session 5: Lost but not “lost”

(Please refer to the presentation on the website if you can – we are only completing a selection of the available sessions)



Starting a new school can make you feel a bit lost BUT remember that you are NOT ALONE.

You don't need to worry about being lost and here is why!

1. You usually have an older student as your guide on the first few days, as well as a map.
2. You will be shown where to go and probably dropped off in the next place.
3. Everyone else in your form class will be feeling the same.
4. Your tutor is there to help you.
5. Most schools provide maps and walk you round the school so that you know where to go.
6. For the first day, or more, you and your class are usually all together in one place anyway.
7. Some schools just have a few year groups in at the start so that it is quieter.
8. You can ask someone from another year group where to go – they will want to help.
9. Some schools have older students who are specifically there to help.
10. Schools are full of staff who want to help you – ask them!



Being physically lost is more obvious, but sometimes we can also feel emotionally lost. These are some of the signs:

Missing what you know

Not interested in hobbies

Unable to concentrate



Wishing things were the same as before

Lack motivation

Feeling numb

Feeling hopeless

Feeling helpless

If you are worried then sometimes you can experience:

Feeling sick

Feeling tired or having no energy

Trouble sleeping

Feeling tense

Having a headache



Feeling anxious

Not feeling hungry

Remember when Matthew Syed talked about a ‘growth mindset’?

Now is the time to remind yourself of that!

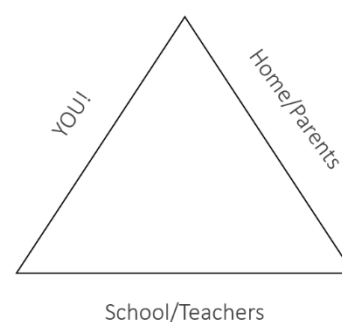
How can you use a growth mindset to turn these negative statements into positive ones?

Statement	Transform it!
I won't ever fit in.	This is not true – I will find people who are like me; I just need to find them!
I will always be lost.	
I can't do these subjects.	
I won't make friends like I had in Year 6.	
I miss my primary school.	

Matthew suggests some ways to help when you feel both kinds of 'lost' – emotionally and physically!

1. Ask your way around.
2. Accept help and find your 'go-to' person – someone you feel able to go to if you have questions or concerns. Your tutor might be that person.
3. Be honest – tell people how you feel.
4. Do your research – work out where things are.
5. Make sure you have your Triangle of Trust.
6. Don't look back – focus on this new world.

Mr Burton's Triangle of Trust:



- **Write down who is in your Triangle of Trust - put their names around your own triangle.**
- **Who can you talk to about different things?**
- **Inside the triangle, write three things that make you feel happy and good.**
- **Where is your safe place to just relax and be yourself? Draw it inside your triangle.**

Now start to let yourself feel excited!



Secondary school will be great because you meet loads of new people.

That means there will be more room to swim and more fish to jump around with!