

The following images and ideas are all taken from the link included in the Curriculum Update for **Transition to High School**.



Where at all possible, I would recommend working through the powerpoints on the website as there are excellent videos to support all of these discussion points. **Questions and things to discuss are all written in red text.**

Session 1: Being Awesome



Have you ever thought about the fact that we get to choose our attitude?

Even when we can't choose SOME things...



Sometimes we have attitudes about ourselves we didn't even know we had.



Have you been 'kid **average**' or 'kid **awesome**' at primary school?

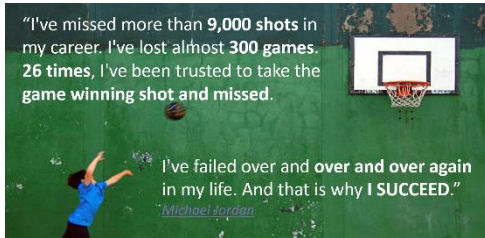
What is the difference?



Think carefully about this point before turning over. Can you think what each one would look like? How would they behave? What would they say?

Kid average is someone who:

- doesn't try hard enough
- thinks everyone else is talented
- is lazy
- is scared of taking risks
- is worried about looking foolish
- doesn't put their hand up in class
- thinks they will be okay, until it is too late.



Kid awesome is someone who:

- tries hard
- puts time into learning things
- is dedicated to what they want to achieve
- is focused
- doesn't give up easily
- stays positive during hard times
- asks for help
- overcomes fears
- tries new things.



AWESOMENESS takes masses of practice to **PERFECT**.

Which do you think you are?

What is it that has held you back?

In school we talk about resilience, which is the same as value below, perseverance.



TASK: Write down what you can learn from your primary school experience, ahead of going to secondary school.

- How did you handle things when they went wrong?
- How did you react when you got stuck?
- Think about a time when you showed a 'kid awesome' attitude. Write it down.
- Write down the kind of person you want to be at secondary school.

