

# Let's Change Ready!!

New Lonely Homework Excited  
Fear  
**Transition**  
Anxious Proud Boundaries Change Friends  
Peers Isolated



## Whats in the pack

- What does been change ready mean
- Been change ready for transition
- Top Tips from young people on managing change and school transition
- Let's talk about it session
- Change Diary
- When change may need a bit more support



What is been change ready?

Change happens regularly in life for all of us yet been ready for change is often very difficult for most of us. Even when that change is positive or a natural transition it creates an emotional response within us. Sometimes those Feelings are of excitement, happiness, and joy and sometimes those feelings are of nervousness, anxiety and fear.

Change brings lots of different thoughts, feelings and behaviours in a response to the change and this can be difficult to self-manage and for the world around us to manage.

Been change ready means you have a good understand of change, what change means and the emotions it may bring. Been change ready also means you know how to respond to and manage those emotions and change.

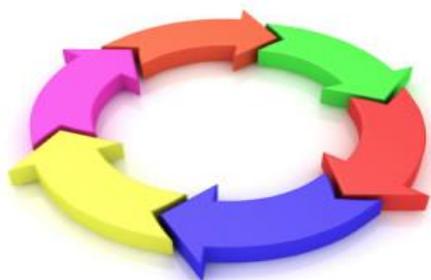
Although change may bring endings, change can also mean new beginnings 😊

So what are some of the types of change that happen?

- Move of house
- Family Changes
- Friendships
- School

Steps of change

1. The change ,situation, event
2. The thoughts
3. The feelings
4. The behaviours
5. What you need
6. Understanding & Implementing



## School Transition

School transition can be exciting and worrying all at the same time for lots of children and families as this type of transition can often create feelings of loss and separation children, young people and families often experience this as they are transitioning from one setting of education that they have built often comfortable relationships with the setting is familiar and has lots of memories and experiences.

School transition can create feelings of happiness, excitement, joy and inquisitiveness. And School transition can also bring feelings of worry and nervousness and this will often mean children and young people may experience anxiety, sleeplessness.

For parents and young people this part of the journey can be difficult and often leaves all worrying about how to support the transition onto another setting.

We know that often the best way to support each other is by learning from people who have already experienced school transition.

So we asked our young people and their families to share their top tips to help others.

## Young People's Top Tips for transition

Be Organised

Use your planner

Get to know  
your Teachers

Make sure you  
are equipped

Talk to new  
people  
Don't be scared

Find out where you  
are going  
Classrooms

Speak to the  
Pastoral Team

Get  
involved in  
clubs and

Talk about how  
you are feeling  
Its good to talk

Be Kind to Yourself  
and others

Ask the older  
Young people  
to help you

Look after yourself  
Eat Healthy and drink  
plenty of water



## Parent/ Carers Top Tips for Transition

Get to know the school your young person is going to

Build relationships with the Teachers

Listen to your Young Person

Be empathetic

Ask them  
What is happening  
What are they thinking  
How are they feeling  
What do they need

Stay Calm

Model positive ways to manage feelings  
Transition can be anxiety provoking for parent/carers too

Encourage a good routine

It's good to talk

Avoid criticising

Emphasise the importance of sleep

### Helpful websites

<https://www.annafreud.org/on-my-mind/>

<https://youngminds.org.uk/>

<https://www.howareyoufeeling.org.uk/>



## UNDERSTANDING EMPATHY LETS TALK ABOUT IT....



Together we can support our children and young people through difficult times.



Managing life's challenging times can be difficult for a lot of children. Finding and using the right skills to positively get through those times isn't always easy.

It is important during these difficult times that we can create a learning environment at home in which our young people feel safe, relaxed, willing and able to engage in their learning and developments.

The following area for development will enable you and a

### **TOP TIPS WHEN TALKING WITH YOUR YOUNG PERSON ABOUT THEIR THOUGHTS AND FEELINGS HAVE:**

- A private space that feels safe
- An open and honest approach
- Time
- A break out space to be used if needed
- Time for you and your young person to reflect both independently and together following your discussions.

### **EMPATHY;**

Empathy is an awareness of the feelings and emotions of other people and is a really important element of one's self as it is a key element of Emotional Intelligence, and is the emotional link between self and others, as it is how we as individuals understand what others are experiencing as if we were feeling it ourselves.

Empathy goes far beyond sympathy, which might be considered 'feeling sorry or bad for' someone. Empathy, instead, is the 'feeling of sharing the emotional state' of that person, through the use of imagination and emotional understanding.

It may not always be easy, or even possible, to empathise with others as our empathetic Understanding is moulded and shaped by our own experiences and emotional intelligence.

However, by having good social, emotional and communication skills and some imagination, we can work towards building empathetic feelings within ourselves and others.

Research has suggested that individuals who have a good empathetic understanding enjoy better relationships with others and greater well-being through life, as this assists them to manage their own feelings and behaviour to contribute positively to society.

### **Together on your own look at and discuss the areas below;**

- What is empathy?
- What does it look like?
- What does it feel like?



- Why is empathy so important?

Use a large sheet of paper to record your ideas and thoughts , use a bubble map to explore and break down each one.

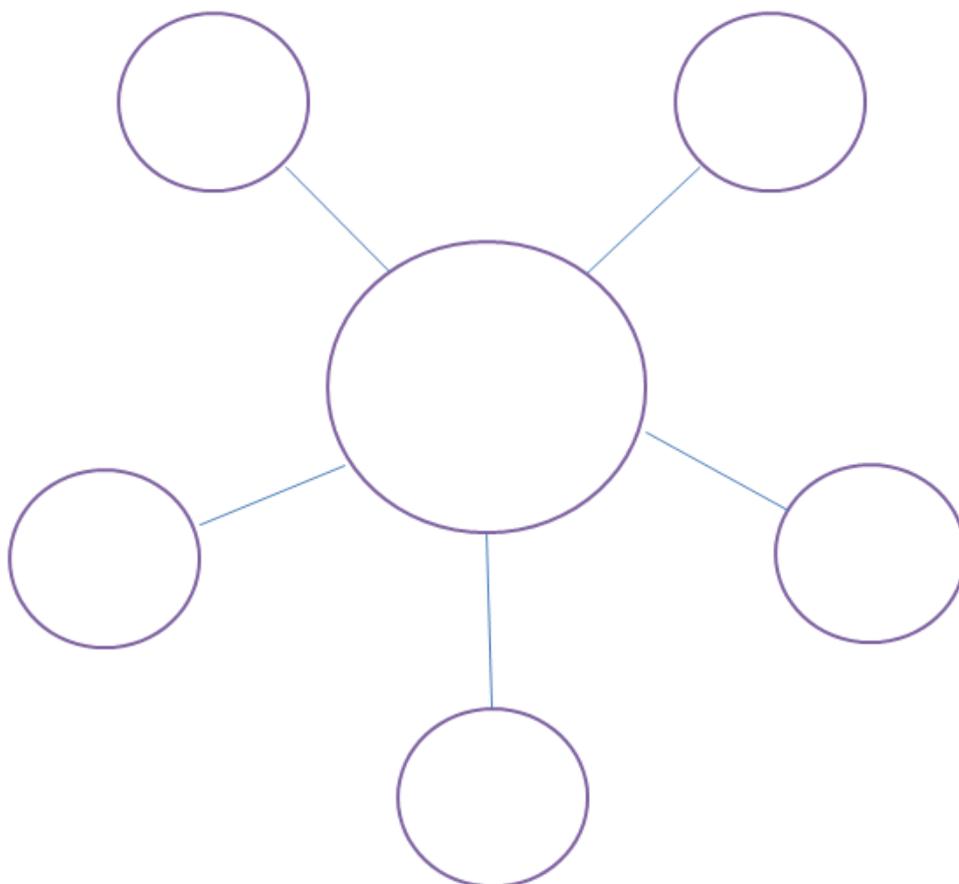
### What is a Bubble Map .

**A Bubble map is a really good way to map ideas, information's, thoughts and feelings connected to a particular situation, event or idea.**

**Below is an example of a bubble map, use this way of working to explore each of the;**

- What is empathy?
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Bubble Map



# SMASH

UNDERSTANDING BEING KIND LETS TALK ABOUT IT....



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Being kind to others allows children to understand the importance of positive communication and interaction with everyone around them. When we think of being kind, we think of sharing our belongings, giving someone a compliment or just being nice in general. These things all seem pretty average and expected behaviour, but their impact on society is so important, especially when we look at bullying behaviour and the damage it causes. Not only are these behaviours damaging to the child on the receiving end, they are also damaging for the child who has inflicted those behaviours onto others.

Bullying behaviour is the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. It can happen face-to-face or through cyber space and can be physical, verbal and psychological. Bullying behaviours have a significant effect on children's mental health, emotional well-being and their ability to thrive socially, emotionally and academically.

In Health and Education we focus a lot on dealing with bullying behaviour, ensuring children can recognise and report those behaviours and understand and manage the impact of them. However, how fantastic would it be if we taught children to counteract those bullying behaviours before they even had chance to appear, by giving them the important skills to be kind and considerate and manage their own thoughts and feelings in a non-aggressive manner?

How fantastic if children had the skills to understand the importance of embracing difference and each other, and know how to communicate and express their thoughts and feelings in a constructive and not destructive way.

If children can learn and understand the importance of embracing and accepting their peers, and understand how to include and not exclude other children, and to focus on being kind, then children will be in control of their own thoughts, feelings and behaviour towards others. They will have the ability to use alternative strategies and tools which in turn should see bullying behaviours decrease in society and schools.



**Together on your own look at and discuss the areas below;**

- What is Being Kind?
- What does it look like?
- What does it feel like?
- Why is Being Kind so important?

Use a large sheet of paper to record your ideas and thoughts, use a bubble map to explore and break down each one.

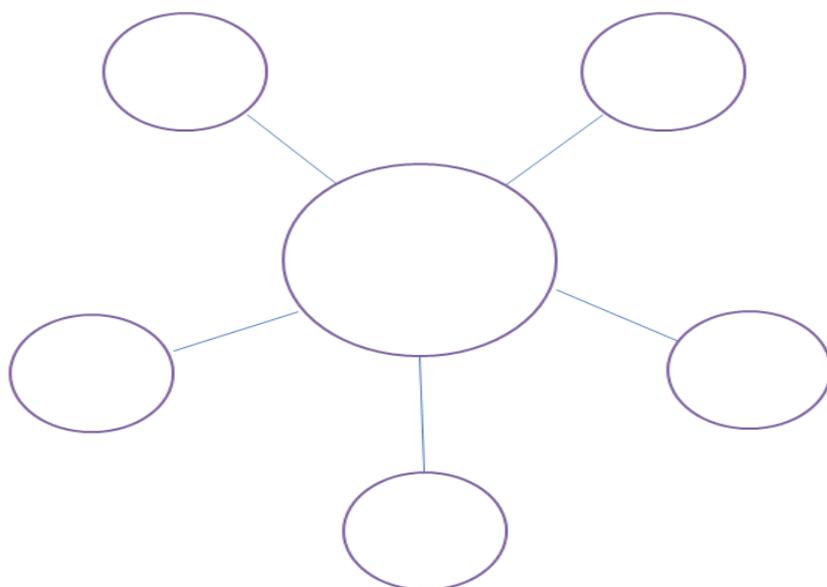
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Bubble Map



# SMASH

UNDERSTANDING MANAGING MY WORRIES LETS TALK ABOUT IT....



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### **Managing My Worries**

Managing my worries is a really important factor when looking to seek sustainability around our emotional resilience and positive mental health.

To do this our children and young people will benefit from becoming equipped with the knowledge and skills around their emotional resilience, by looking at empathy, being kind and what they are thinking and feeling but it doesn't enable the child/young person to have a complete set of strategies and skills to support their emotional health needs when it comes to worries.

It's really important that children and young people have the opportunity to develop great coping mechanisms and extensive knowledge to allow them to understand important developments within themselves, and gain the ability to specifically problem-solve and manage their own thoughts and feelings in a productive way, which will enable them to 'bounce back' during challenging times. When children and young people look at their worries it always comes back to how they think about themselves, the world around them and what they are doing.

If we encourage children and young people to look at the here and now and use a set format to problem-solve, they can start to manage those thoughts, feelings and behaviours to enable them to thrive.

Worrying is normally a very inefficient attempt to problem-solve. So when children worry, they must try to turn this into useful problem-solving by considering what they need to do now to deal with the issue.

Managing my worries can help to make sense of overwhelming problems for children by allowing them to have the skills to break the problems down into smaller, more manageable parts. This makes it easier for a child to see how everything is connected.



**A Situation** - a problem, event or difficult situation, from this can follow:

**Thoughts** - that are created by the situation

**Emotions** - that are felt due to the situation

**Physical feelings** - that are experienced because of the situation

**Actions** - that have been taken during the situation

**What next?** - What needs to happen now?

Each of these areas can affect the others. How we think about a problem or issue can affect how we feel physically and emotionally and how we display those cognitive behaviours to ourselves and the outside world.

If we can equip children with the correct skills to look at the problem or issue logically, using the above steps, it will help dispel those worries and allow them to 'bounce back' and thrive within their communities.

**Together on your own look at and discuss the areas below;**

- What is managing My worries?
- What does it look like?
- What does it feel like?
- Why is Managing My worries so important?

Use a large sheet of paper to record your ideas and thoughts, use a bubble map to explore and break down each one.

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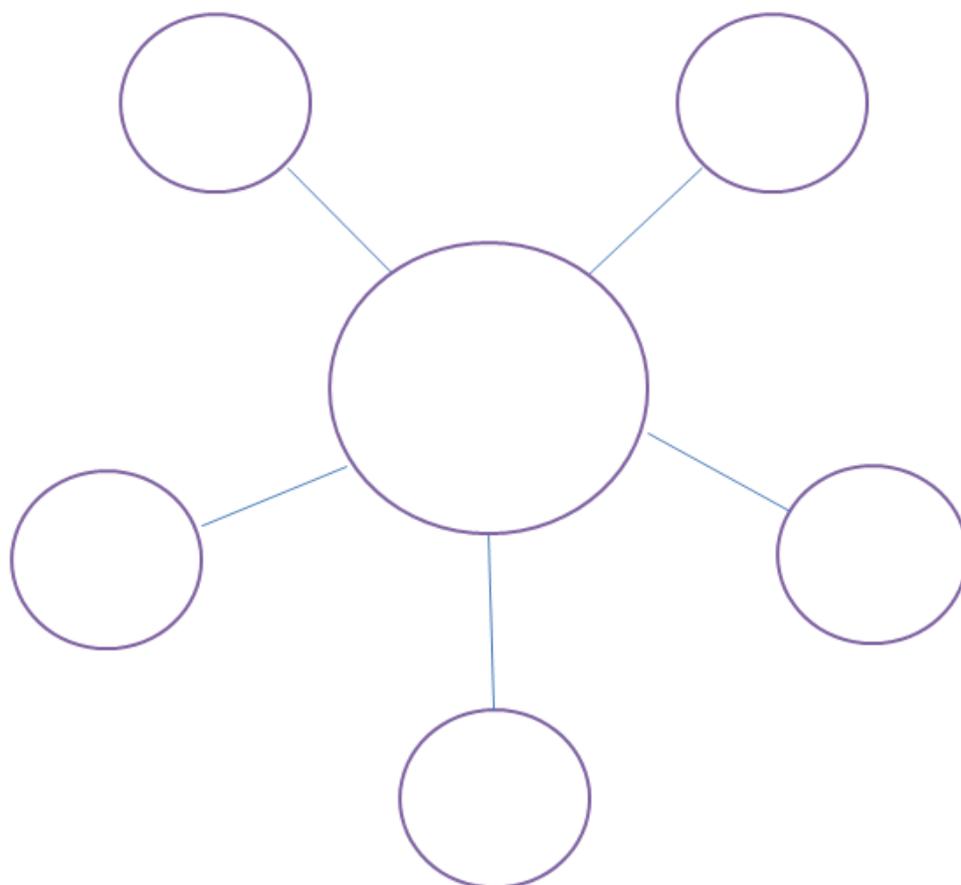
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- **Why is empathy so important?**



## Bubble Map



Send us a picture of your completed bubble map to [hnf-tr.smashhullery@nhs.net](mailto:hnf-tr.smashhullery@nhs.net)

## Change Diary

What's the change what's happening?	What are you thinking?	What are you Feeling?	What is your behaviour?	What do you need?	Facilitating the change



If managing Change requires a bit more support.

Schools and colleges all have pastoral support and if you are struggle to manage change and transition then they would be your first point of contact.

However sometimes some of the feelings and needs that come with change and transition may need a bit more advice support and guidance and when this occurs you may need some support from external services from school.

This may be support from local authority services such as early help or social care. You may need support and advice from Health services, Voluntary and community services, early intervention emotional wellbeing & Mental Health Services and or specialist mental health services.

To support you with understanding some of what is out there if you do require a little more help then we have added some of the useful contacts below.

Who are they	What do they do	Contact Number
Humber Teaching Foundation Trust Hull & East Riding SMASH	Work directly into schools with Children and Young people who have emotional wellbeing and mental health needs	You can contact a practitioner directly via your school please speak to your schools pastoral teams. Or please contact directly via Hull & East Riding Contact Point on 01482 303688/ 01482 303810  SMASH in Hull is also part of the Headstart offer
Humber Teaching Foundation Trust Hull CYPWP	Work with CYP's and families who are experiencing low mood and anxiety at a mild to moderate level	Referrals to Hull HTFT Child psychological wellbeing Practitioners are completed via Hull & East Riding Contact point
Hull & East Riding Contact point	Emotional wellbeing and mental health needs	Contact Point is available from 9am until 5pm, Monday to Friday Hull - 01482 303688 Hull & East Riding - 01482 303810/01482 303688/
Hull & East Riding Crisis Team		Hull & East Riding 24/7 Crisis service 01482 301701 option 2
Hull & East Yorkshire Mind Mental health helpline	Mental health advice and support	24/7 helpline Freephone 08001380990 01482 240133



Kooth	Online counselling, advice and chat forums	www.kooth.com
East Riding EHASH	Early Help and safeguarding  Prevention in education team(PET) can also be accessed via this number	During office hours: Monday to Thursday 9am-5pm Friday 9am-4.30pm You can contact EHASH on: Tel: (01482) 395500 Email: childrens.socialcare@eastriding.gcsx.gov.uk  Outside of office hours, please contact the emergency duty team: Tel: (01377) 241273 Email: emergency.duty.team@eastriding.gcsx.gov.uk
Hull EHASH	Early Help and safeguarding	Early Help and Safeguarding Hub (EHASH) on 01482 448 879 during normal office hours Emergency Duty Team on 01482 300 304 out of normal office hours

Remember change can be difficult, but with change endings may come but new beginnings we may see.

Remember it's good to talk

- What's happening
- What are you thinking
- What are you feeling
- What do you need
- What needs to happen next

