



# **Next steps journal**



The next steps in your life can cause a real mix of emotions, including excitement and nerves.

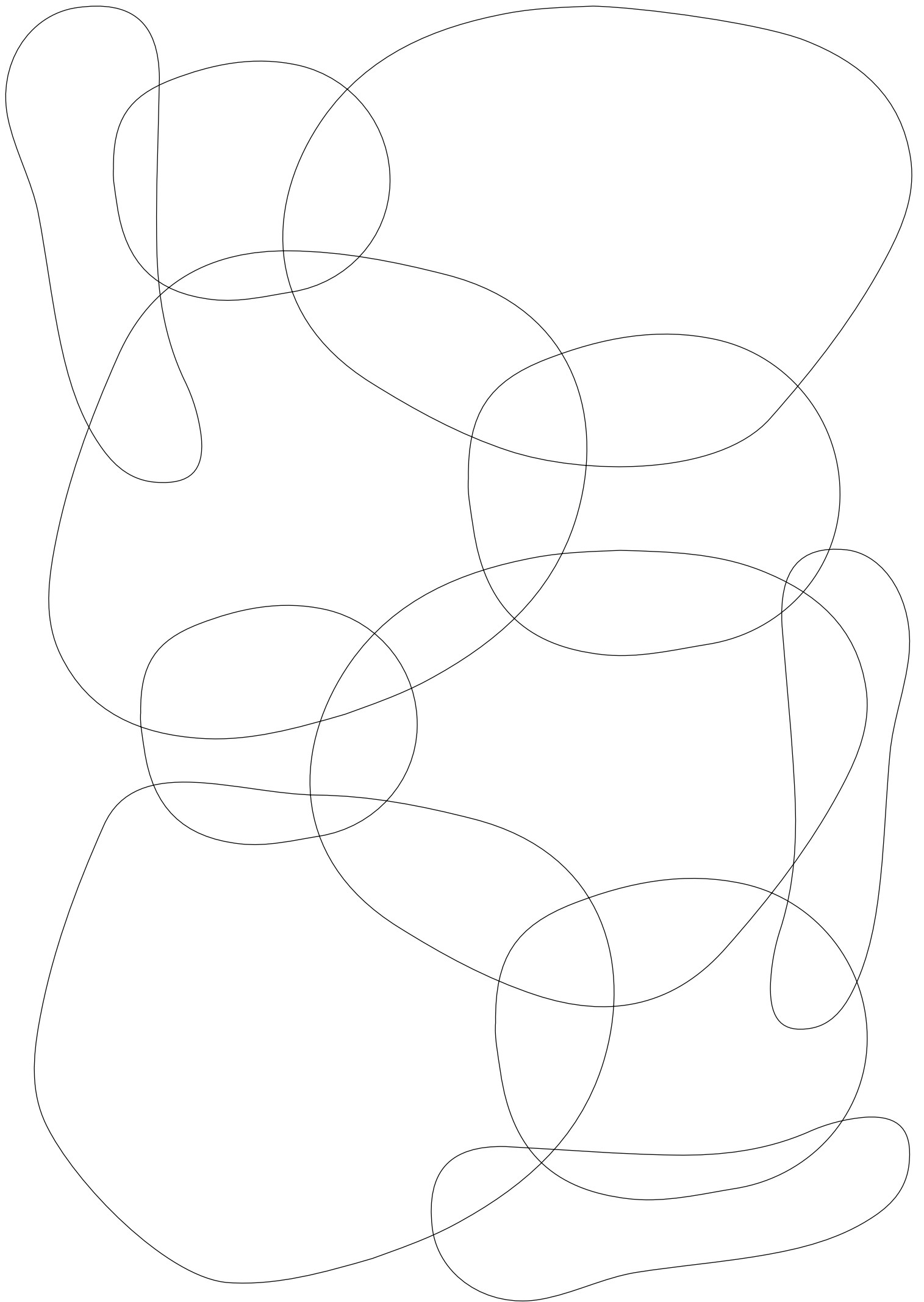
## **Guide for teachers**

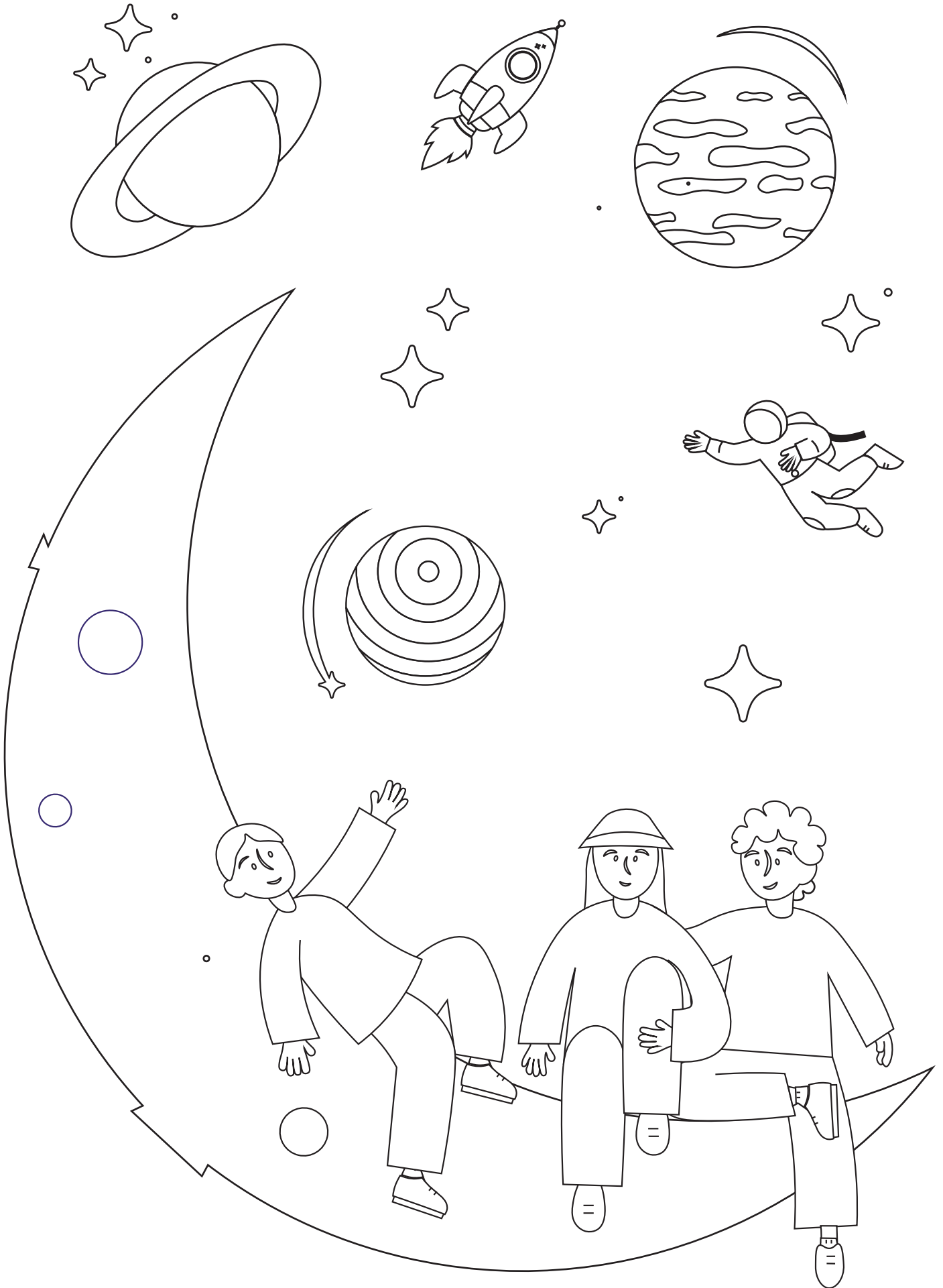
The following pages have been designed so they can be printed as a booklet for students to take home or completed as individual activities in school as part of your transition programme.

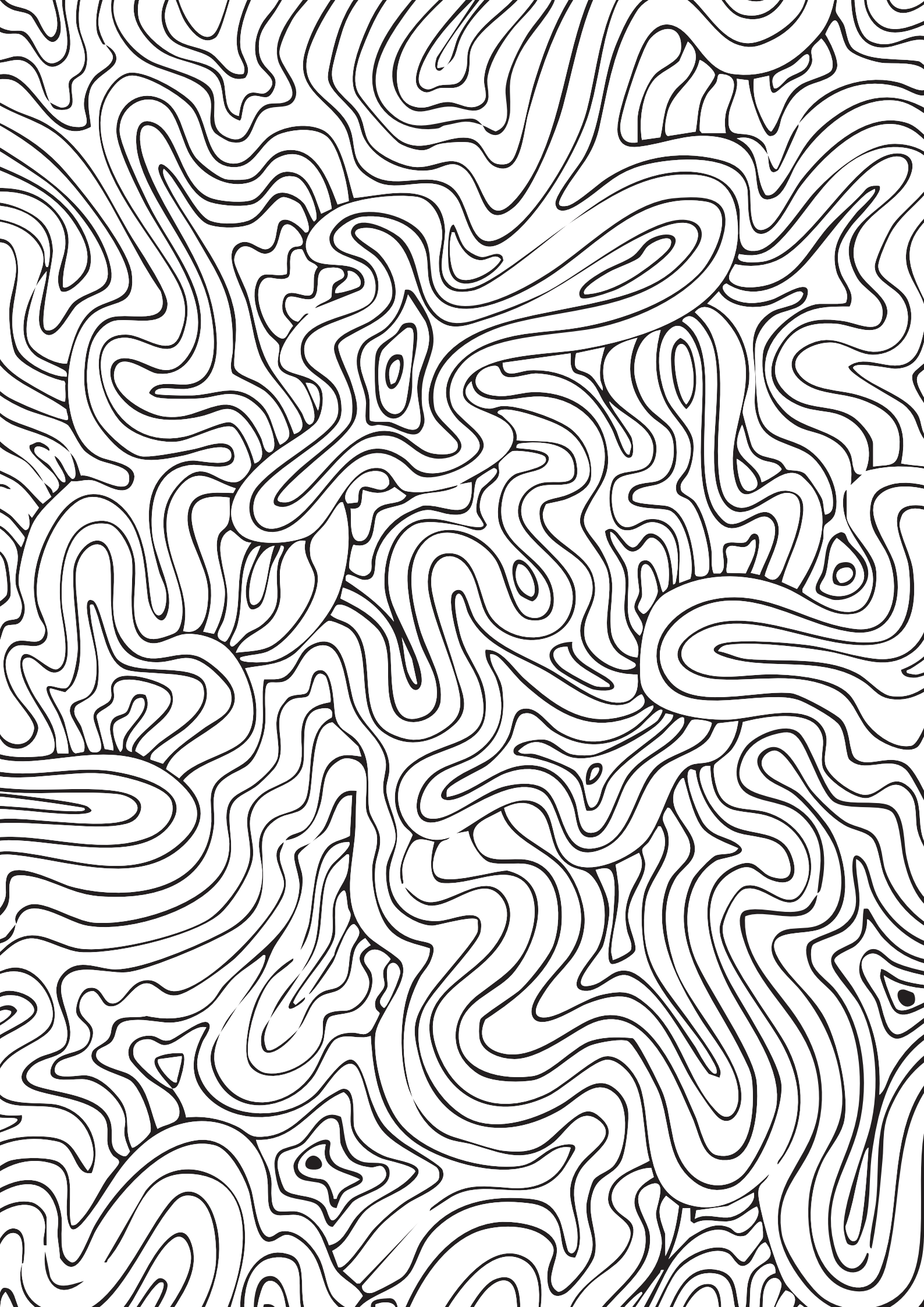
Use our 'next steps' journal to help you prepare for this change.

If you're looking for some creative calm, check out our doodle pages. Creating patterns or making repetitive circles, lines and forms to create pieces of art is a great way to clear your mind, and let yourself become more focused and relaxed.









# Learn how to do bubble breathing

Take a deep breath and try a calming breathing exercise. Breathing exercises help to slow down your breath, which can promote calm and relaxation.

**\*Please note that this exercise may be tricky for those with respiratory issues such as asthma.**

**Step 1:** Find a quiet and comfortable space.

**Step 2:** Imagine you are holding a pot of bubbles.

**Step 3:** Take out the wand from your pot of bubbles.

**Step 4:** Take a deep breath in and imagine gently blowing a bubble, so you focus more on breathing out!

**Step 5:** Repeat this technique for at least five minutes to give yourself a chance to practice. Notice any differences in how you feel afterwards.



# Express yourself

Poke holes in this page using a pencil

x

x

x

x

x

x

x

x

x

x

x

x

x

x

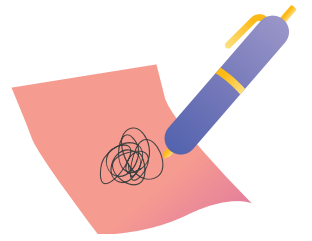
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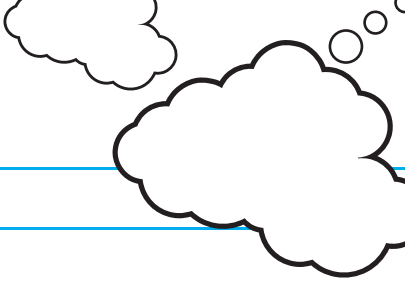
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**Focus on how you feel right now and scribble on this page**



Write down your thoughts and feelings here...



If you liked this activity, why not log on to **Kooth.com** where you can use our journal feature to track your thoughts and feelings.

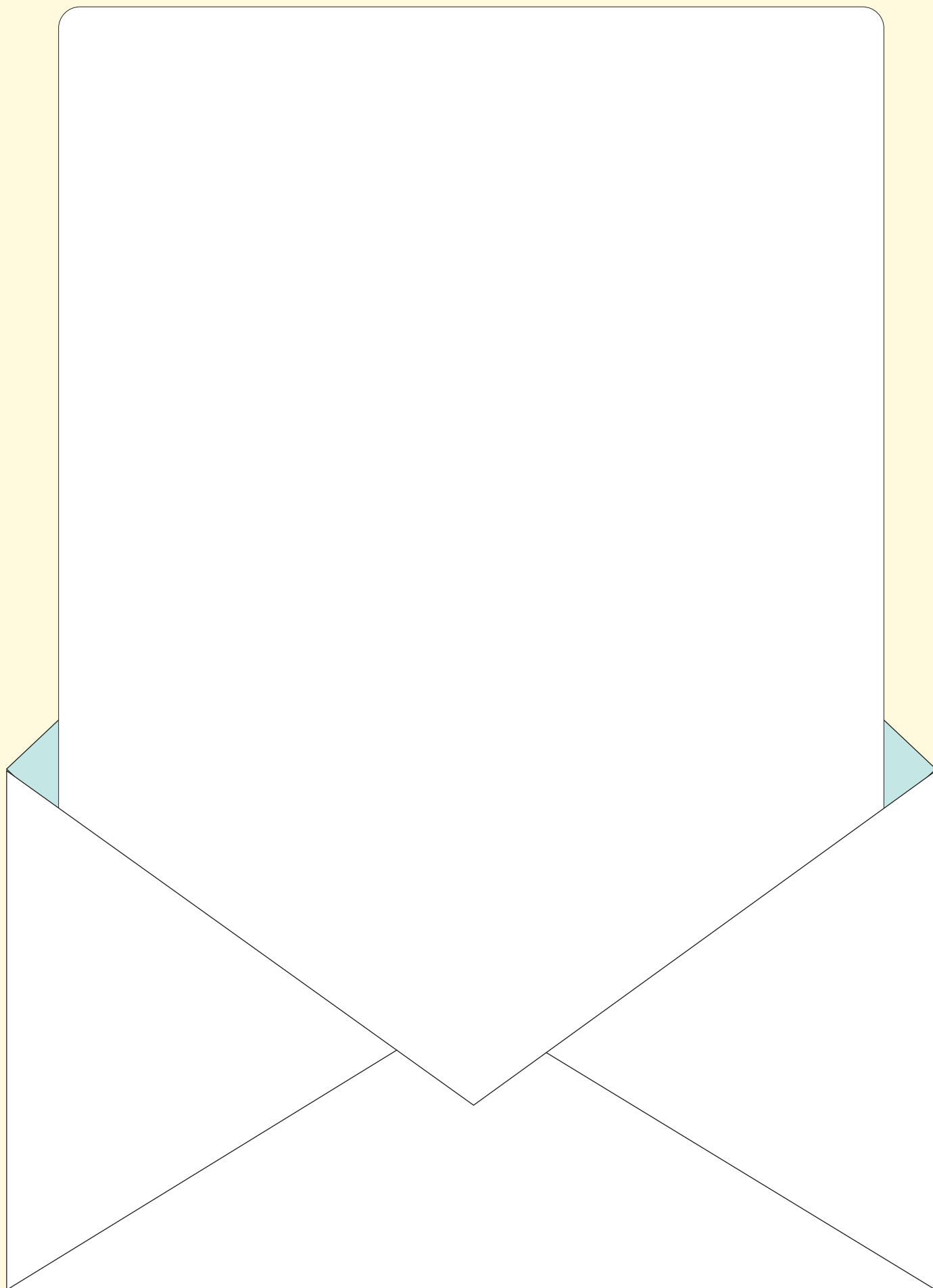
# Empower yourself

Cut out words from a magazine you like and stick them here.



*Example letters*

**Write a letter to yourself to read on your first day of secondary school.**



**Write some useful affirmations to help you next term, starting with 'I am...'**

**Affirmations** are positive phrases that can help move your thoughts and actions in a more helpful direction. They might include things like: I am confident, I am brave, I am calm, I am resilient.

**I AM** .....

**I AM** .....

*I am* .....

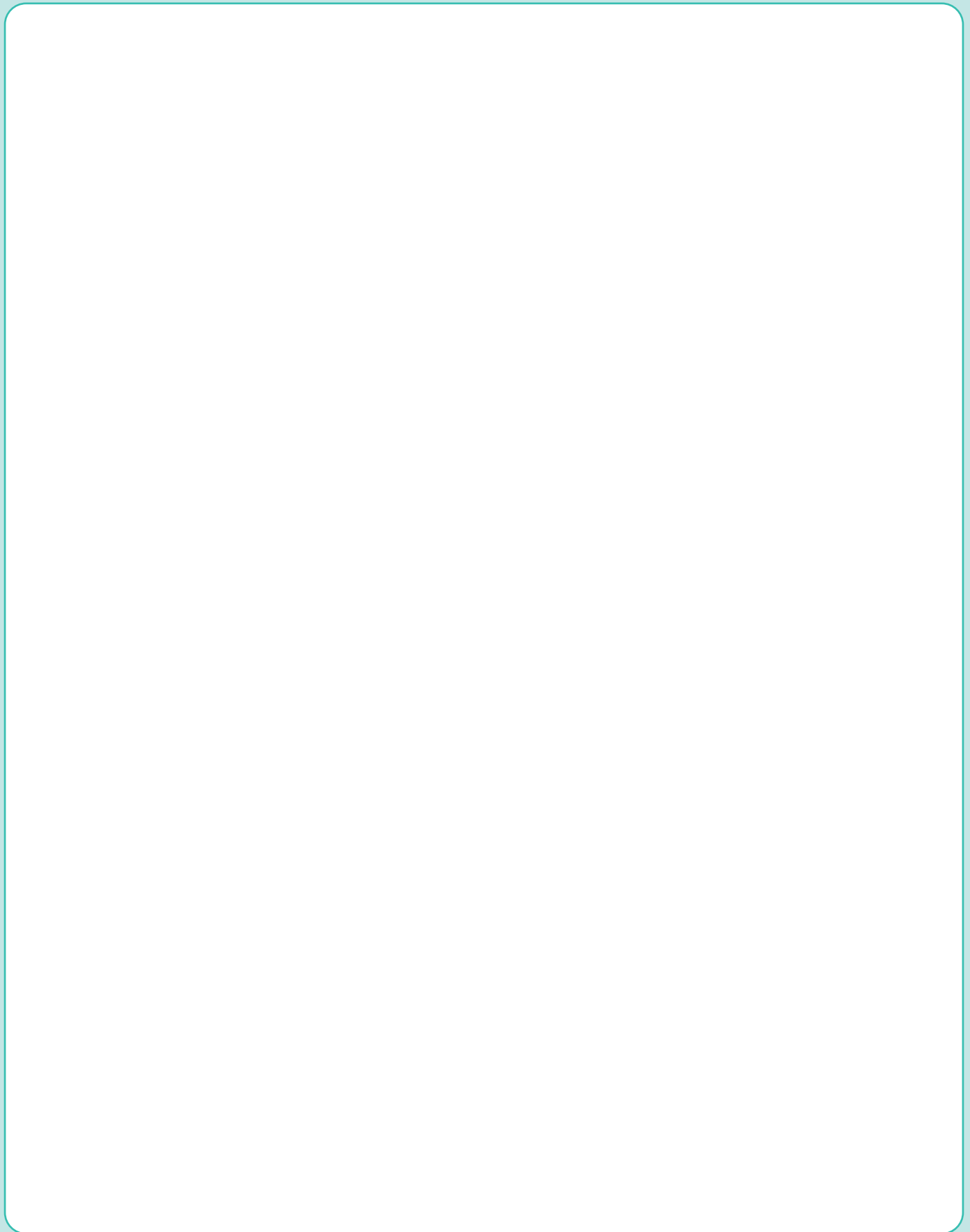
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Write down things you are looking forward to about starting secondary school.



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## Support yourself

Write down the names of people who you think are supportive. These could include people you know, like a family member, friend, or teacher. It could also include a famous person you may look up to, like a sportsperson, actor or author. You could even write down the name of a fictional character in your favourite movie or book. Reflect on why you think they are supportive and what advice they would give to you if you needed some help.

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# Prepare yourself

My goals

What goals do you have for the year and how will you make them happen?

Make sure your goals are **S.M.A.R.T** to make them easier to achieve.

<b>S</b>	<b>M</b>	<b>A</b>	<b>R</b>	<b>T</b>
<b>Specific</b>	<b>Measurable</b>	<b>Achievable</b>	<b>Realistic</b>	<b>Realistic</b>
What exactly do you want to achieve?	How will you know when you've met your goal?	Is your goal achievable?	Can you realistically reach your goal?	How long will it take you to reach your goal?

If you liked this activity, why not log on to **Kooth.com** where you can set goals with our handy goals feature.

My shopping list

**What sorts of things do you need for your next step?**