**Transition Task 3**

We are usually good at giving advice to others. Transition task 3 is to write a letter to a friend in the class, offering them some words of support and encouragement for starting high school.

* How will you reassure them?
* How should they approach their first day?
* What attitudes and positive affirmations should they have?

You may wish to do some online research to help you with what to include in your letter of reassurance.

**Transition Task 4**

Keep a positive mindset! Science says being positive can reduce stress, increase motivation and boost optimism!

Examples of positive affirmations to tell yourself before starting high school:

* I can do this.
* I am excited to learn new things.
* I know I am capable of being a great student.
* My ability to learn will improve every day.
* It is okay to ask for help.
* I will do my best.
* I will be myself and that is enough.
* I will make good choices.

[Click here for many more!](https://safeyoutube.net/w/zIKJ)

Transition Task 4 is to write 5 statements of your own. Make them eye catching and include some small drawings. Keep them safe and look at them regularly in the days before starting high school. Positivity is the key!

**Additional Task - Online Resource - BBC Bitesize**

You may have mixed emotions about moving to secondary school. Although you might feel a little bit nervous, it's also an exciting time! Find out what these students worried about when they went to secondary school. [Click here](https://www.bbc.co.uk/bitesize/topics/zjgck2p/articles/znc9dxs)