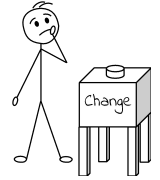


At The St Leonards Academy we work with Action Your Potential (AYP) to help our students, parents and carers learn all about their amazing brains. This is from them below, they will also run a webinar for our Yr 6 parents, carers and students about how to manage our brains through challenge and change.

New experiences are exciting but can also make us nervous

The transition to Y7 will create both excitement and nervousness inside yours and your child's brain and mind.



Why is that?

Because it is a new situation – Our brains use models to predict what is going to happen in the world next. If we have a good idea of what is going to happen, we don't have nervousness or excitement.

We don't know what secondary school will be like.

Exactly, so when we encounter a new experience which we don't have a model of what it will be like, or what will happen our brain 'guesses'.

Sometimes my guesses are negative

Yes, that can happen, our mind wandering network fills with 'what if's' or worries as it tries to guess what will happen. But you don't have to believe all these worries...

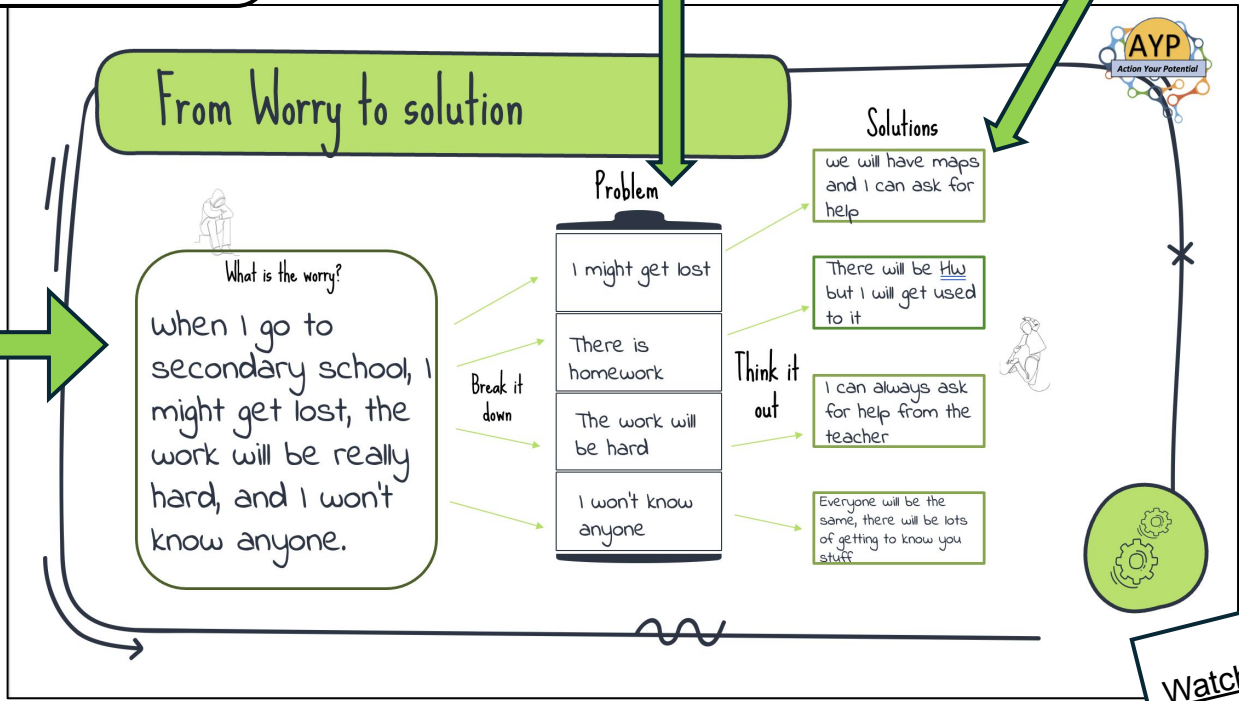
What can I do?

On the next page you will see a 'worry to solution grid with an example on it - if we turn a worry in a problem to solve and speak it out, we can find solutions and manage the model

Put your worries into words
–these are the things that
most year 6 students are
worried about

Break it down in specifics

Now think through each one
logically, with someone else
often helps



Good Well-Being behaviours help with challenge and change

Building great well-being each day is an important way to help our children to maintain the mental flexibility to deal with new experiences with thoughtfulness not reactivity.

Investing time each day to help your child do their rocks is a powerful way to help them build the mental flexibility to cope with resilience with the challenge and changes of transition.

12 Rocks Of Well-Being – Weekly Check

AYP Action Your Potential

Rock	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Rock 1 – Sleep – 8-9 Hours a night							
Rock 2 – Exercise – 20 mins per day							
Rock 3 – Eat and Drink Healthily							
Rock 4 – Mindfulness – 5-10 mins							
Rock 5 – Mind Wandering							
Rock 6 – Manage Emotions							
Rock 7 – Walk Outside in Nature							
Rock 8 – Listen to Music – 20-30 minutes							
Rock 9 – Connect with friends and family							
Rock 10 – Gratitude and kindness							
Rock 11 – Life's purpose activities							
Rock 12 – Learn, Play, Create, Read							

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Watch this video to find out more

There are many things to get excited about at secondary school. To help the process of preparation you can access the #NeuroNinja Getting Ready for Change Video Course on the #NeuroNinja Hub. As a parent and carer at The St Leonards Academy you have access to the Hub, [sign up here.](#)