

# Transition checklist

## (For parents/carers)



Moving to Year 7 can be tricky, but there are things you can do to help your child prepare. We've made a list of things you can do with your child to help them get ready. There are spaces for you to add your own.

Things that might help my child with transition to Year 7	I have supported my child with this:	Notes
<i>Example: Practising the route to school</i>	✓	<i>Need to sort out a bus pass</i>
Practising the route to school		
Adding important numbers to their mobile phone		
Looking at the school website with them		
Talking to an adult they trust about any worries		
Arranging to meet a friend to go to school with		
Help them to make a list of questions they would like answered		
Making a list of who to ask for help in their new school		
Knowing how to pack their bag for the next day		
Knowing the school uniform and P.E kit		
Finding out what clubs they can join		
Having a small reminder of home to take with them		
Having important things like money and keys in their bag		
Having a copy of their timetable somewhere accessible		
Preparing for their first day : plan what time they will get up, what breakfast they'll have, how they will get to school		
At the end of their first day : giving space to decompress, set a limit on the questions you'll ask them, plan something nice to do after day 1 and after week 1.		

### People who may be able to support my child with transition to secondary school:

Head of Year:

Form Tutor:

Additional Learning Needs

Others:

Co-Ordinator (ALNCo):



Bwrdd Iechyd Prifysgol  
Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board

# Regulating our body

When children feel worried about something new, they might notice feelings in their bodies like butterflies in their belly, their heart beating faster, or sweaty palms. There are activities we can do alongside children, that can help to soothe their bodies and help them feel a balance of calm and alert. When these activities are done with support of an adult, we call this co-regulation. Here are some things you can try together. Which ones does your child find helpful? There are space to add others.

Things that might help regulate my child's body when they are worried	We tried this	It was helpful
Example: Belly breathing	<input checked="" type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> <input type="checkbox"/>
Belly breathing	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
Square breathing	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
Finger breathing	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
5,4,3,2,1 grounding	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
Use scents they like	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
Touch something soft	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
Squeeze something squishy	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
Look at / touch an object from home	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
Star jumps	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
Running on the spot	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
Wall push ups	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
Eat something crunchy or chewy	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
Blowing bubbles through a straw	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
Tapping or drumming	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
Carry a backpack	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
Stretching	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
Give themselves a hug	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>

For more information on the strategies, see the Resilience Project's resources: ['Regulating our bodies \(window of tolerance\)'](#) and ['Transition Tips for Parents'](#)