

# FREE SECONDARY SCHOOL SUCCESS WORKBOOK

Practical resources to help young people build confidence, manage challenges and thrive.

## Thriving in Secondary School

Secondary school life can be exciting, but it can also bring new pressures and challenges.

Our free workbook is designed to support autistic young people and other students who benefit from extra support to understand themselves, build practical skills and feel more in control.

You've got this!



## THIS WORKBOOK CAN HELP WITH:

- ✓ Managing everyday challenges
- ✓ Building confidence and self-belief
- ✓ Organisation and homework
- ✓ Understanding emotions
- ✓ Anxiety and overwhelm
- ✓ Friendships and social situations
- ✓ Sensory needs
- ✓ Speaking up and asking for help
- ✓ Planning for the future

## WHAT'S INSIDE?



**UNDERSTANDING ME**  
 Explore your strengths, interests and what makes you, you.



**MY SCHOOL TOOLKIT**  
 Practical strategies for organisation, routines and getting things done.



**MY SOCIAL WORLD**  
 Friendships, group work and navigating tricky social situations.



**MANAGING CHALLENGES**  
 Tools to help with anxiety, overwhelm, sensory challenges and more.



**SPEAKING UP FOR MYSELF**  
 Understanding your needs and asking for the right support.



**LOOKING AHEAD**  
 Goals, dreams and planning for your future.

Interactive activities, helpful tips and space to reflect – all about you.

## MORE FREE RESOURCES ON OUR WEBSITE



**PARENT GUIDES**  
 Practical advice and strategies for families.



**SCHOOL SUPPORT**  
 Information and tools for schools and professionals.



**HELPFUL ARTICLES**  
 Expert articles on relevant topics for families and schools.



**PRACTICAL AUTISM RESOURCES**  
 Downloads and resources to support everyday life.



**NEUROAFFIRMING INFORMATION**  
 Education and information that celebrates strengths.

Practical support when you need it most.

All our resources are free to access and designed with young people, families and schools in mind.

## DOWNLOAD FREE RESOURCES



Visit our website to explore our workbooks, articles and resources.

[www.themoreyouknow.org.uk](http://www.themoreyouknow.org.uk)



Scan the QR code to access our free resource library!

## ABOUT THE MORE YOU KNOW AUTISM SERVICES

We provide autism assessments, education, resources and support for children, young people, adults and families.

- ✓ Autism Assessments
- ✓ Education & Training
- ✓ Family Support
- ✓ Free Resources
- ✓ Neuroaffirming Information & Guidance



## GUIDED BY OUR ETHOS

**EMPOWER**  
 Helping people understand themselves and advocate for their needs.




**EDUCATE**  
 Providing practical information, resources and support.



**EMBRACE**  
 Celebrating neurodiversity and creating spaces where people feel understood, valued and accepted.



# MY SECONDARY SCHOOL SUCCESS

Practical resources to help you feel confident, manage challenges and thrive. 

## WORKBOOK

Welcome!

Secondary school is full of new experiences, opportunities and challenges.

This workbook is here to help you understand yourself better, build practical skills and feel more confident every day.





It's all about you – your strengths, your needs, your goals and your future.



 This workbook will help you to:

-  Understand yourself and how you learn best
-  Manage everyday challenges and emotions
-  Stay organised and on top of your homework
-  Build positive friendships and handle tricky social situations
-  Speak up for yourself and ask for support
-  Look after your wellbeing
-  Plan for your future and celebrate your progress

### REMEMBER...

-  You are not alone. Lots of other young people feel the same sometimes.
-  It's OK to ask for help. There are people who want to support you.
-  Small steps lead to big changes. Every step forward counts. 


### HOW TO USE THIS WORKBOOK

 **Work at your own pace**

There's no rush. You can come back to it anytime.

 **Do what feels helpful to you**

You don't have to do everything. Focus on what matters most.

 **Use it your way**

Write, draw, tick boxes, or just think about the questions.

This workbook belongs to:

..... 



**YOU ARE AMAZING** Just by being you.  
 Let's make this school year your best one yet!



# 1. UNDERSTANDING ME

I am unique! 

There is no right or wrong answer. It's all about you!



Getting to know yourself is the first step to feeling confident and knowing what helps you.

Take some time to think about what makes you, **YOU**.



## My Strengths

What are you good at? What do you do well?

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## What I Enjoy

What are your hobbies and interests?  
 What do you enjoy doing in your free time?

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## What Makes Me, Me?

What words would you use to describe yourself?  
 Choose up to 6 that feel right for you.

Kind Creative Funny Loyal Honest

Thoughtful Brave Calm Hard-working

Curious Friendly Resilient Organised

Reliable Determined Caring Patient

Confident Independent Focused Other: \_\_\_\_\_



## Things I'm Proud Of

What achievements, big or small,  
 are you proud of?

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## Right Now, I'm Working On...

What are some skills or goals you'd like to improve or achieve?

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### Remember:

You don't have to be perfect. Everyone has strengths and things they find challenging. You are enough, just as you are.



Keep going,  
 you're doing  
 great! 

## 2. MY SCHOOL WORLD

### Getting to know my school



Your school is full of people, places and routines. Understanding them can help you feel more settled and in control.

It's OK if some things feel tricky right now. You're still figuring them out – and that's completely normal.



### My School Map

Think about your school. Write or draw the places that are important to you.

My classroom(s):

Places I like to go:

Quiet / calm spaces:

Places I need to avoid:

People I can go to for help:

Other important places:



### Important People

Who are the people in school who support you or you can talk to?



Teacher(s):

How they help me:



Support staff:

How they help me:



Friends:

How they help me:



Others (e.g. mentor, TA, school nurse):

How they help me:



### My Timetable

What are your favourite and least favourite parts of the school day?

Time of day	What happens?	How do I feel about it?
Morning		😊 😐 😞
Mid-morning		😊 😐 😞
Lunch time		😊 😐 😞
Afternoon		😊 😐 😞
End of day		😊 😐 😞



### Changes and Transitions

What changes happen during your school day or week? How do they affect you?

Examples: moving between lessons, assemblies, PE days, cover lessons, group work.



Changes I find easy:

Changes I find tricky:

What helps me with changes:



### TIPS THAT CAN HELP



Use a planner or app to keep track of your day.



Take short breaks when you need them.



Talk to someone if something is worrying you.



Focus on what you can control and do your best.



Be kind to yourself – small steps lead to big progress.

You've got this!



# 3. MY SCHOOL TOOLKIT

Tools and strategies for everyday success!



Having the right strategies can make school life feel more manageable.



Everyone has their own ways of getting through the school day. Explore the tools and strategies that help you learn, stay organised and look after yourself.



## What Helps Me Learn

Thinking about how you learn best can help you get more from your lessons.

What works best for me? (Tick or add your own)

-  Seeing things (pictures, diagrams, videos)
-  Hearing things (listening, discussions)
-  Doing things (hands-on activities)
-  Reading and writing things down
-  Working with others
-  Working on my own
- Other: \_\_\_\_\_







 I learn best when: \_\_\_\_\_



## My Organisation Strategies

What strategies help you stay organised and on top of things?

I find these helpful:

-  Using a planner or calendar \_\_\_\_\_
-  Setting reminders or alarms \_\_\_\_\_
-  Making to-do lists \_\_\_\_\_
-  Colour coding \_\_\_\_\_
-  Having a tidy space \_\_\_\_\_
-  Packing my bag the night before \_\_\_\_\_
-  Other: \_\_\_\_\_

 My top tip for staying organised: \_\_\_\_\_



## My School Day Survival Kit

What things help you get through your school day?

My essentials:


 I always feel better when I have: \_\_\_\_\_



## When I Need a Break

Sometimes we all need a break. What helps you rest, reset or recharge?

Things that help me:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



 I can take a break by: \_\_\_\_\_



**REMEMBER:** You don't have to use every strategy all the time. Choose what works for you and it's OK to try new things until you find what helps!



# 4. MANAGING CHALLENGES

Everyone finds things challenging sometimes.  
Having a plan can help!










You are stronger  
than you think.  
You've got this!

Challenges are a normal part of life. The important thing is knowing what might help and who you can turn to when things feel difficult.



## What I Find Challenging

What things do you find difficult or stressful at school?  
Tick the ones that apply and add your own.

- Too much noise 
- Crowded or busy places 
- Time pressure or rushing 
- Changes to routines or plans 
- Understanding instructions 
- Keeping up with homework 
- Social situations 
- Exams and tests 
- Group work 
- Other: \_\_\_\_\_



## When It Feels Difficult...

What signs might show that you are starting to feel stressed, worried or overwhelmed?

Write or draw your warning signs.




Noticing the signs early can help you take action.



## My Coping Toolkit

What helps you feel calmer or get through difficult moments? List or draw your go-to strategies.

- |         |          |
|---------|----------|
| 1 _____ | 6 _____  |
| 2 _____ | 7 _____  |
| 3 _____ | 8 _____  |
| 4 _____ | 9 _____  |
| 5 _____ | 10 _____ |







It's OK if different things help at different times.  
You know what works best for you!



## Who Can Support Me?

Who are the people you can go to when you need help or when things feel too much?

	At school:
	At home:
	Friends:
	Other:



You don't have to deal with challenges on your own.  
Asking for help is a sign of strength.



## PLAN AHEAD

Think about a challenging situation you might face at school. What could you do? Who could help?

-  Situation: \_\_\_\_\_
-  What I could do: \_\_\_\_\_
-  Who could help: \_\_\_\_\_



My reminder to myself:



Write a kind, helpful reminder you can use when things get tough.



## REMEMBER:


Challenges are a normal part of school life.  
You are doing your best, and that is enough.  
One step at a time!



You've got this!



# 5. MY EMOTIONS & WELLBEING


Understanding my feelings helps me take care of myself. 

All feelings are OK. It's what we do with them that matters. 

Emotions can feel big or confusing at times. Learning to understand them helps you feel more in control.

## How Am I Feeling?





Emotions change throughout the day. Tick or colour the faces to show how you have felt recently.

			
Happy	Excited	Calm	Proud
			
Okay	Worried	Sad	Frustrated
			
Anxious	Angry	Overwhelmed	Tired

 It's OK to feel more than one thing. My feelings are valid. 

## What Helps Me Calm Down?

Everyone has different things that help them feel calmer. What works for you?



-  Listen to music \_\_\_\_\_
-  Take deep breaths \_\_\_\_\_
-  Go for a walk \_\_\_\_\_
-  Draw or write \_\_\_\_\_
-  Talk to someone \_\_\_\_\_
-  Use a fidget or sensory tool \_\_\_\_\_
-  Quiet time alone \_\_\_\_\_
-  Other: \_\_\_\_\_

 Calming down is not a bad thing. It helps me feel better so I can get on with my day.

## My Stress Scale

We all feel stress sometimes. Use this scale to notice how you are feeling and what you can do about it.

<b>5</b> Really overwhelmed I feel panicked or unable to cope.	What I can do: _____
<b>4</b> Very stressed I feel very worried or upset.	What I can do: _____
<b>3</b> Getting stressed I feel anxious or things are building up.	What I can do: _____
<b>2</b> A little stressed I feel uneasy or not quite myself.	What I can do: _____
<b>1</b> Calm and okay I feel good and in control.	What I can do to stay here: _____

 Noticing how I feel early helps me choose what I need. 

## My Daily Wellbeing Check

Looking after my wellbeing every day helps me stay balanced and ready to learn. Tick the boxes when you have done them today.

	Yes	Not yet
 I got enough sleep	<input type="checkbox"/>	<input type="checkbox"/>
 I ate something healthy	<input type="checkbox"/>	<input type="checkbox"/>
 I drank enough water	<input type="checkbox"/>	<input type="checkbox"/>
 I moved my body	<input type="checkbox"/>	<input type="checkbox"/>
 I spent time with or talked to someone	<input type="checkbox"/>	<input type="checkbox"/>
 I did something I enjoy	<input type="checkbox"/>	<input type="checkbox"/>
 I was kind to myself	<input type="checkbox"/>	<input type="checkbox"/>

 Small daily habits = big positive changes. I am worth looking after. 



**REMEMBER:**

There is no right or wrong way to feel. Be curious about your feelings and kind to yourself. One breath at a time.



**You're doing great!** 

# 6. FRIENDSHIPS & SOCIAL LIFE

Healthy friendships make life more fun and more fulfilling.



You don't have to do friendship the same way as everyone else. That's OK!



Everyone's social world looks different. It's about finding what works for you and the people who make you feel good.



## What Makes a Good Friend?

What qualities do you value in a friend?  
 Tick the ones that are important to you and add your own ideas.

- |  |  |
|--|--|
| <input type="checkbox"/> Kind          | <input type="checkbox"/> Funny               |
| <input type="checkbox"/> Honest        | <input type="checkbox"/> Patient             |
| <input type="checkbox"/> Respectful    | <input type="checkbox"/> Supports me         |
| <input type="checkbox"/> Listens to me | <input type="checkbox"/> Shares my interests |
| <input type="checkbox"/> Includes me   | <input type="checkbox"/> Trustworthy         |
| <input type="checkbox"/> Loyal         | <input type="checkbox"/> Other: _____        |

\_\_\_\_\_

\_\_\_\_\_

★ I can be a good friend by: \_\_\_\_\_

\_\_\_\_\_



## My Social Energy

Being around people can be fun, but it can also be tiring. How is your social energy today?

Colour the battery that shows how full your social energy is right now.



- |                            |                            |  |                                   |                      |
|----------------------------|----------------------------|--|-----------------------------------|----------------------|
| Empty<br>I need time alone | Low<br>I need a break soon | Okay<br>I can handle some time with others | Good<br>I feel happy being social | Full<br>I'm buzzing! |
|----------------------------|----------------------------|--|-----------------------------------|----------------------|

♥ What helps me recharge my social energy?  
 \_\_\_\_\_



## Social Situations

Some situations feel easy. Others feel tricky. Sort them below or add your own.



Easy for me

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Sometimes tricky

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Really tricky

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

♥ What could make tricky situations easier for me?  
 \_\_\_\_\_




## Boundaries

It's important to look after yourself by setting boundaries. What are some things you need from others? Write or draw your ideas.

I need others to:  
 \_\_\_\_\_

I don't like it when people:  
 \_\_\_\_\_

It's OK for me to say:   
 \_\_\_\_\_

I need time and space to:   
 \_\_\_\_\_

♥ Setting boundaries helps me feel respected and helps me respect others too. ★



### REMEMBER:


Quality over quantity. It's better to have a few good friends than lots of people who don't understand you. You deserve friends who appreciate you for who you are.




Be yourself. That's who your people will love.



# 7. SENSORY AWARENESS

Understanding my senses helps me make school more comfortable. 

Everyone's senses are different. There is no right or wrong way. It's about what works for you. 

Our senses help us understand the world around us. Sometimes our senses can feel overwhelmed or underwhelmed. That's OK!



## My Sensory Profile

How do each of these senses feel to you most of the time?  
 Colour or tick the box that best describes you.

Sense	Overwhelming (too much)	Just right (manageable)	Underwhelming (not enough)
 Sounds	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Lights	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Crowds / People	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Smells	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Touch / Textures	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Tastes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Movement & Balance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

 My sensory experience is unique, and that's okay.



## What Can Be Tricky For Me?

Think about times when your senses feel overwhelmed or underwhelmed. What can make things difficult?



Sounds: \_\_\_\_\_



Lights: \_\_\_\_\_



Crowds / People: \_\_\_\_\_



Smells: \_\_\_\_\_



Touch / Textures: \_\_\_\_\_



Tastes: \_\_\_\_\_



Movement & Balance: \_\_\_\_\_



It's not about avoiding everything - it's about understanding what I need.



## What Helps Me?

What strategies, tools or changes help you when your senses are feeling too much or not enough?  
 Write or draw your ideas.



 I can use strategies to support myself. 



## My Sensory Support Plan

What can I do when my senses feel too much or not enough? Create a plan for yourself.

If my senses feel

**OVERWHELMED**

I can:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

If my senses feel

**UNDERWHELMED**

I can:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



I know what helps me and I can use my plan.



## TOP TIP

It's OK if your needs change from day to day. Check in with yourself and adjust what you need. Small changes can make a big difference.



Use noise cancelling headphones



Wear sunglasses



Use a fidget or sensory tool




Take breaks when you need them



Ask for help or support

# 8. COMMUNICATION









Good communication helps me share my thoughts, needs and ideas. 


There are lots of ways to communicate. It's about finding what works best for you!

Everyone communicates differently. Some people like to talk a lot, others prefer writing, drawing or using technology. All ways of communicating are valid.

## My Communication Styles








How do you usually communicate? Tick or add your own.

-  Talking
-  Writing
-  Typing
-  Drawing
-  Body language (gestures, facial expressions)
-  Using pictures or symbols
-  Text messages or chat
-  Using technology or apps
- Other: \_\_\_\_\_

 I can use different ways to communicate.

## When Communication Is Hard

What can make communication difficult for you? Tick the ones that apply and add your own.

-  Finding the right words
-  Speaking in front of people
-  Loud or busy environments
-  Changes in plans or routines
-  Feeling overwhelmed or stressed
-  People not understanding me
-  Talking on the phone
- Other: \_\_\_\_\_

 It's OK if communication feels challenging sometimes. I can ask for help. 

## What Helps Me Communicate

What helps you communicate more easily? Write or draw your ideas.



 Using what helps me communicate makes a big difference.

## I Can Ask For What I Need

It's important to let people know what you need. What are some things you might need help with? Write or draw your ideas.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Useful phrases I can use:

I need help.

Can you please repeat that?

I don't understand.

I need a break.

I need more time.

Can you show me?

 Asking for what I need is OK.




### REMEMBER:

Communication is more than words. Listen, be patient and be kind with yourself and others. We all have something important to say!



# 9. GETTING SUPPORT AT SCHOOL

Asking for support is a smart move.  
 It helps me learn and feel my best. 

You have the right to support that helps you succeed.  
 It's okay to ask! 

At school, there are lots of people who can help. There are also tools and strategies that can make learning easier for you.

### Who Can Help Me?

There are lots of people at school who are there to support you. Who can you go to?

 Teacher: \_\_\_\_\_

 Learning support / aide: \_\_\_\_\_

 School counsellor: \_\_\_\_\_

 Year level coordinator: \_\_\_\_\_

 Principal / Assistant principal: \_\_\_\_\_

 Trusted adult: \_\_\_\_\_

 Other: \_\_\_\_\_

 You don't have to do it alone. Asking for help shows strength. 

### Tools & Strategies That Help

What tools, strategies or adjustments help you learn and feel comfortable at school? Tick the ones that help and add your own ideas.

<input type="checkbox"/> Extra time	<input type="checkbox"/> Written instructions
<input type="checkbox"/> Breaks	<input type="checkbox"/> Use of technology
<input type="checkbox"/> Sensory tools	<input type="checkbox"/> Check-ins
<input type="checkbox"/> Quiet space	<input type="checkbox"/> Movement breaks
<input type="checkbox"/> Visual schedules	<input type="checkbox"/> Headphones
<input type="checkbox"/> Clear instructions	<input type="checkbox"/> Small group support
<input type="checkbox"/> Seating near the front	<input type="checkbox"/> Other: _____

 Using what helps you is not cheating. It helps you do your best! 

### How I Can Ask For Help

Sometimes asking for help can feel tricky. Practise what you could say or do in these situations.

I don't understand the work. 	 _____
I feel overwhelmed or need a break. 	 _____
I need something to help me focus. 	 _____

 It's okay to speak up. People want to help you! 

### My Support Goals

What are some things you want to get better at or achieve with support at school?  
 Write your goals and what support might help.

 Goal 1: _____	Support that could help: _____
 Goal 2: _____	Support that could help: _____
 Goal 3: _____	Support that could help: _____

 Small steps with the right support can lead to big achievements! 

### TOP TIP

Write your strengths down and share them with the people who support you.

### My Strengths

What are you good at? What are you proud of?  
 List your strengths.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

 **REMEMBER:** You have the right to the support you need. Use your voice, your plan and your strengths. You've got this! 

**You are not alone. We are here for you!** 

# 10. SELF-ADVOCACY

I know myself best. Speaking up for my needs is a superpower.











You have the right to be heard, respected and supported. Your voice matters!




Self-advocacy means understanding your needs and asking for what you need. It can help you feel more confident and in control of your life.

## I Know My Needs









We all have different needs. What are some things you need to feel comfortable, safe and supported? Tick or add your own.

-  Quiet time
-  Breaks
-  Help understanding things
-  Extra time
-  A quiet or calm space
-  Clear instructions
-  Help with organisation
-  People to be patient with me
- Other: \_\_\_\_\_

 My needs are important. There is no such thing as a silly need. 

## How I Can Speak Up

There are lots of ways to speak up for yourself. Tick the ones you feel comfortable using and add your own.

-  Use my words
-  Raise my hand
-  Ask for help
-  Write it down
-  Use a card or pass
-  Use gestures
-  Use an app or device
-  Other: \_\_\_\_\_

 Speaking up might feel hard, but it gets easier with practice. 

## I Can Practise

Practising helps you feel more ready. Write or draw some things you could say in these situations.

-  When I don't understand something.  \_\_\_\_\_
-  When I need more time.  \_\_\_\_\_
-  When I feel overwhelmed.  \_\_\_\_\_
-  When I need help.  \_\_\_\_\_
-  When I need something to stop.  \_\_\_\_\_

 Practice now, so you feel ready for later. 

## My Self-Advocacy Plan

Think about a time you might need to speak up. Make a plan to help you.

-  Situation:  
When might I need to speak up? \_\_\_\_\_
-  What I need:  
What do I need or want? \_\_\_\_\_
-  How I will speak up:  
What can I say or do? \_\_\_\_\_
-  Who can help me?  
Who can I go to for support? \_\_\_\_\_

 I have the right to speak up for myself. My voice matters. 



### TOP TIP

Start small. Practise in safe places. Celebrate every time you speak up - no matter how big or small!



Be kind to yourself



Every try is progress



You are growing



You've got this!



You are amazing just as you are!

# 11. MANAGING BIG EMOTIONS

All feelings are okay.  
 It's what we do with them that counts.



Big emotions don't last forever. You can get through them!



Everyone has big feelings sometimes. Learning ways to manage them can help you feel calmer, safer and more in control.

## How I Feel

Emotions can feel different in our bodies. Tick the emotions you feel sometimes and draw where you feel them.










 <b>Happy</b> 	 <b>Anxious</b> 	 <b>Angry</b> 
 <b>Sad</b> 	 <b>Overwhelmed</b> 	 <b>Other:</b> _____ 

It's okay to feel these emotions. They are a part of being human.



## What Helps Me Calm Down

What are some things that help you when emotions feel big? Tick the ones you would like to try and add your own ideas.

-  Take deep breaths
-  Take a break
-  Listen to calming music
-  Stretch or exercise
-  Talk to someone I trust
-  Use a fidget or sensory tool
-  Draw, write or journal
-  Go to a quiet or safe space
-  Count slowly to 10
- Other:** \_\_\_\_\_

Draw your safe or calm space.








I can try these things when I need to. I can choose what works for me.



## My Triggers

Sometimes things happen that can make our emotions feel really big. These are called triggers. What are some things that can trigger big emotions for you?

 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
**Other** \_\_\_\_\_

Knowing my triggers helps me prepare and feel more in control.



## My Coping Plan

Having a plan can help me manage big emotions. Fill in the plan that works for you.

 When I notice my emotions getting big, I will \_\_\_\_\_  
 I will use this strategy: \_\_\_\_\_  
 If I still need help, I can talk to: \_\_\_\_\_  
 I can go to this safe place: \_\_\_\_\_  
 To feel better, I can: \_\_\_\_\_

I have a plan. I am in charge of how I handle my emotions.



### REMEMBER:

Big feelings are just visitors. They come and go. Be kind to yourself, use your plan and reach out for support. You are stronger than you think!




You are doing your best, and that's amazing!



# 12. TOP TIPS FOR SECONDARY SCHOOL SUCCESS



Small steps can make a big difference.  
 These practical tips can help you feel more confident, organised and in control.



## 1 GET ORGANISED



- Use a planner, diary or app to keep track of homework.
- Check your timetable before school and before packing your bag.
- Keep important items in the same place.
- Pack your bag the night before.
- Break big tasks into smaller jobs.



**Top Tip:** Being organised doesn't mean being perfect. It means making things easier for yourself.

## 2 MANAGE YOUR TIME




- Give yourself extra time when moving between activities.
- Use timers to help you focus.
- Start homework early when possible.
- Take one task at a time.
- Celebrate progress, not perfection.



**Top Tip:** Finishing one small task is better than worrying about ten.

## 3 LOOK AFTER YOUR ENERGY



- Get enough sleep.
- Drink water regularly.
- Eat regular meals and snacks.
- Notice when you need a break.
- Make time for things you enjoy.



**Top Tip:** Rest is productive too.

## 4 ASK FOR HELP EARLY



- Speak to a teacher if you're confused.
- Ask for instructions to be repeated.
- Tell someone if you're feeling overwhelmed.
- Use your support strategies.
- Remember that asking for help is a strength.



**Top Tip:** People can help more easily when they know what you need.

## 5 USE WHAT WORKS FOR YOU



- Use headphones if they help.
- Use movement breaks if you need them.
- Use visual reminders.
- Use fidgets or sensory tools if allowed.
- Adapt strategies to suit you.



**Top Tip:** You don't have to do things the same way as everyone else.

## ★ MY SUCCESS CHALLENGE



★ Which tip do you already use?

\_\_\_\_\_

★ Which new tip will you try this week?

\_\_\_\_\_

★ How do you think it might help?

\_\_\_\_\_

## — REMEMBER —



You do not need to change everything at once.


.....



Small changes, repeated often, can make a big difference.

.....



You've got this. 

# 13. HOMEWORK & ORGANISATION

Being organised helps reduce stress and gives you more time and energy for the things you enjoy.



## TOP TIP

Organisation doesn't mean being perfect. It means finding what works for YOU.



## 1. GET ORGANISED

- Use a planner, diary or app to keep track of homework.
- Check your timetable before school and before packing your bag.
- Keep important items in the same
- Pack your bag the night before.
- Break big tasks into smaller jobs.

### Why it helps:

You'll know what's happening and feel more in control.



## MANAGE YOUR HOMEWORK

- Write down homework as soon as you get it.
- Check instructions carefully.
- Start homework early.
- Use a quiet space if you can.
- Ask for help if you are stuck.
- Hand homework in on time (or as agreed).



Small, regular chunks of time are easier than leaving it all to the last minute.

## 3. USE TOOLS THAT HELP YOU

- Planner or diary
- Revision timetable
- Subject dividers or folders
- Colour coding
- Timers
- Headphones
- Apps (e.g. reminders, to-do lists)
- Other: \_\_\_\_\_



You don't have to use them all—just the ones that work for you.

## 4. MY HOMEWORK PLANNER

Plan ahead and give yourself enough time.

DAY	SUBJECT	HOMEWORK TASK	WHEN WILL I DO IT?	DONE ✓
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Weekend				



## REMEMBER

- ★ Check your planner every day.
- ★ Tick it off when it's done!
- ★ Be kind to yourself if plans change—just reset and try again.



## 5. DEALING WITH TRICKY BITS

What makes homework or organisation tricky for you?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What could help?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

It's okay to ask for support. You don't have to do it alone.



## 6. MY ORGANISATION CHECKLIST

I can...

- Keep track of my homework
- Use my planner or diary
- Pack my bag the night before
- Use reminders or timers
- Ask for help when I need it
- Break tasks into smaller steps
- Feel proud of the effort I make



Every small step makes a big difference!

## EXTRA SUPPORT

People who can help me:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## I CAN DO THIS!

Being organised helps you feel calmer, more confident and ready to learn. One step at a time. You've got this!



Organisation is a skill, and like any skill, it gets easier with practise. Keep going—you're doing great!



# 14. MANAGING STRESS & ANXIETY

It's normal to feel stressed or worried sometimes.  
 The good news is, there are lots of things you  
 can do to help yourself feel calmer.



## TOP TIP

You can't always control what happens, but you can control how you respond.



Stress and anxiety can affect everyone. Learning what helps you is an important skill that you can use every day.

## 1 WHAT MIGHT TRIGGER MY STRESS OR ANXIETY?

Tick the ones that are difficult for you.

- School work or deadlines
- Exams or tests
- Too much information or noise
- Changes to plans or routines
- Social situations
- Worries about the future
- Arguments or conflict
- Other: \_\_\_\_\_

**Remember:**  
 Knowing your triggers can help you prepare and look after yourself.



## 2 SIGNS I MIGHT BE FEELING STRESSED OR ANXIOUS

What do you notice in your body, thoughts or behaviour?  
 Tick the ones you notice.

-  Worrying thoughts
-  Trouble concentrating
-  Tense muscles
-  Feeling restless
-  Headaches
-  Irritable or angry
-  Stomach aches
-  Feeling tired
-  Fast heartbeat
-  Wanting to avoid things
-  Sweating
- Other: \_\_\_\_\_
-  Trouble sleeping














Noticing the signs early can help you take action before things feel too overwhelming.



## 3 THINGS THAT HELP ME FEEL CALMER

Tick the strategies that work for you. Add your own ideas too!

-  Deep breathing
-  Listening to music
-  Talking to someone
-  Going for a walk
-  Drawing or colouring
-  Squeezing a stress ball
-  Time in a quiet space
-  Exercise or stretching
-  Reading a book
-  Positive self-talk
-  Using sensory tools
- Other: \_\_\_\_\_



Try different things and see what works best for you. It's okay if it takes time to find what helps.



## 4 MY CALM DOWN PLAN

When I start to feel stressed or anxious,  
 I can follow my plan.

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_



I have a plan. I can do this!



## 5 HEALTHY HABITS HELP

Looking after my body can help my  
 mind feel better.

-  Get enough sleep
-  Drink water
-  Eat regular meals
-  Be active
-  Take breaks
-  Stay connected



Small daily habits make a big difference.



## 6 WHEN TO GET HELP

It's okay to ask for help.  
 Who can you talk to if you  
 are struggling?

- Parent or carer
- Teacher or school staff
- Friend
- Other trusted adult
- Helpline or support service
- Other: \_\_\_\_\_



Asking for help is a sign of strength.



### REMEMBER



- ☆ You are not alone.
- ☆ It's okay to have hard days.
- ☆ You are doing the best you can.
- ☆ Small steps can help you feel better.



### YOU MATTER



Your feelings are valid.  
 Be kind to yourself.  
 You are important.



WHAT IS ONE THING YOU  
 WILL TRY THIS WEEK?



# 15. BUILDING CONFIDENCE

Confidence isn't about being perfect.  
 It's about believing in yourself,  
 trying your best and knowing you matter.



## TOP TIP

Confidence grows when you step outside your comfort zone —one small step at a time.



You already have so many strengths!  
 Let's help you recognise them and build your confidence every day.

## 1 MY STRENGTHS

What are you good at? What do you enjoy?  
 Write or draw your strengths.



You have lots of amazing strengths, even if you don't always see them.



## 2 SMALL STEPS, BIG PROGRESS

Big goals can feel overwhelming.  
 Break them down into smaller steps.

MY GOAL	SMALL STEPS I CAN TAKE
→	① _____
	② _____
	③ _____
	④ _____
	⑤ _____



Every step forward is progress. Celebrate each one!



## POSITIVE SELF-TALK

The way you talk to yourself matters.  
 Let's turn negative thoughts into positive ones.

INSTEAD OF THINKING...	I CAN TRY THINKING...
I can't do this.	→
I'm not good at that.	→
I always mess up.	→
Nobody likes me.	→
This is too hard.	→



Be kind to yourself. You deserve it.



## PEOPLE WHO BOOST MY CONFIDENCE

Who are the people that make you feel good about yourself? Write their names and how they help you.

WHO?	HOW DO THEY HELP ME?
	
	
	
	
	



Surround yourself with people who lift you up.



## 5 CELEBRATE YOU!



Take time to celebrate your achievements, no matter how small!

This week, I felt proud of myself when:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



Things I'm looking forward to:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



You are amazing — just as you are.



### REMEMBER

- ☆ You don't have to be the best.
- ☆ You just have to be you.
- ☆ Confidence takes time.
- ☆ Keep going — you've got this!



### YOU MATTER

Your voice matters.  
 Your feelings matter.  
 You matter.



WHAT WILL YOU DO THIS WEEK TO BUILD YOUR CONFIDENCE?



\_\_\_\_\_



# 16. MY CHANGE TOOLKIT

Change can be difficult. Having strategies can help.

Change happens for everyone.  
 It's okay if you find it tricky.  
 You are not alone, and there are things that can help.






## TOP TIP

Once you know what helps you, you can feel more prepared, more confident and more in control.





### 1 CHANGES I FIND TRICKY

Tick any that feel difficult for you.







-  Changes to routines
-  Last-minute plans
-  Unexpected homework
-  Different teachers
-  New environments
-  Changes at home
-  Social changes
- Other: \_\_\_\_\_

It's okay if many things feel difficult.

 You are allowed to need things a certain way.  
 Your needs are valid. 

### 2 WHAT HELPS ME PREPARE?

Tick what helps you when you know change is coming.

-  Knowing about changes in advance
-  Visual schedules
-  Talking things through
-  Written information
-  Having a clear plan
-  Asking questions
- Other: \_\_\_\_\_

 Preparation can make big changes feel smaller. 

### 3 MY CHANGE TOOLKIT

When things change, these things help me:




- ① \_\_\_\_\_
- ② \_\_\_\_\_
- ③ \_\_\_\_\_
- ④ \_\_\_\_\_
- ⑤ \_\_\_\_\_





 These are your strategies. You get to decide what works. 

### 4 PEOPLE WHO CAN SUPPORT ME

Who can help you when things change? How do they help?

PERSON	HOW THEY HELP
	
	
	

 Asking for support is a strength. You don't have to do it on your own. 

### 5 A CHANGE I HANDLED WELL

Think about a time when something changed and you managed it.

 What happened? \_\_\_\_\_

 What helped? \_\_\_\_\_

 What did I learn? \_\_\_\_\_

 You have managed change before. You can use those experiences again. 

### 6 MY REMINDER TO MYSELF

When things change, I can remember:



It's okay if change feels difficult.  
 Everyone needs support sometimes.

YOU'VE GOT THIS!



You are capable.  
 You are resilient.  
 You are enough.

Be kind to yourself. Take things one step at a time.  
 You've got this!

# 17. MY INTERESTS & STRENGTHS

You are good at more things than you know!  
 Exploring your interests and strengths  
 can help you feel happy, confident and proud.



Your interests make you, YOU! There's no right or wrong – be proud of what you love.



## 1 THINGS I ENJOY

What do you enjoy doing in your free time?  
 Write or draw your favourite hobbies and interests.



Doing the things you enjoy is good for your wellbeing and helps you recharge.

## 2 MY STRENGTHS

What are you good at? Tick the ones that are true for you.  
 Add your own at the bottom!

- |   |   |
|---|---|
| <input type="checkbox"/> I'm a good listener          | <input type="checkbox"/> I'm organised                  |
| <input type="checkbox"/> I'm kind and caring          | <input type="checkbox"/> I'm good at sports             |
| <input type="checkbox"/> I work hard                  | <input type="checkbox"/> I'm funny                      |
| <input type="checkbox"/> I'm good at solving problems | <input type="checkbox"/> I'm good at remembering things |
| <input type="checkbox"/> I'm creative                 | <input type="checkbox"/> I'm determined                 |
| <input type="checkbox"/> I'm good with people         | <input type="checkbox"/> Other: _____                   |

You have so many strengths that make you amazing. Remember them when things get tough!

## 3 THINGS I WANT TO LEARN OR GET BETTER AT

We can all keep learning and growing. What are some things you'd like to learn or improve?

Something new I want to learn



A skill I want to get better at



A subject I want to understand more



A challenge I want to take on



Something I want to try for the first time



Every small step helps you grow. You can do this!

## 4 PEOPLE WHO INSPIRE ME

Who inspires you?  
 Why do they inspire you?

	_____
	_____
	_____

We can learn a lot from people who inspire us.

## 5 HOW I CAN USE MY STRENGTHS

How can you use your strengths in school, at home and with friends?

At school	
At home	
With friends	
In the future	

Your strengths can help you in many different ways!

## 6 I AM PROUD OF...

What are 3 things you are proud of about yourself?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Take time to celebrate your wins – big or small!

### REMEMBER

- You are unique.
- You are enough.
- You are amazing – just as you are!

### YOU MATTER

Your interests and strengths are part of what makes you so special.

### CHALLENGE YOURSELF

Step out of your comfort zone. Try new things. You might surprise yourself!

WHAT WILL YOU DO THIS WEEK THAT USES YOUR STRENGTHS OR HELPS YOU GROW?

Your strengths and interests are powerful. Keep believing in yourself and keep going!

# 18. LOOKING AHEAD



## TOP TIP

You don't need to have it all figured out right now. Just take one step at a time and keep moving forward.



Thinking about the future can help you feel more prepared and excited about what's ahead.



The future is full of possibilities!  
 Let's explore your hopes, dreams and goals.

## 1 MY HOPES AND DREAMS

What are some things you hope for in the future?  
 They can be big or small!



I am looking forward to:



## 2 PLACES I'D LIKE TO GO

Where would you like to go one day?  
 Write or draw the places you'd love to visit.



① \_\_\_\_\_

② \_\_\_\_\_

③ \_\_\_\_\_

④ \_\_\_\_\_

⑤ \_\_\_\_\_













Exploring new places can open your mind and create amazing memories.



## 3 JOBS AND CAREERS

What jobs or careers interest you?  
 You can choose more than one!

- |   |   |
|---|---|
| <input type="checkbox"/>  Healthcare     | <input type="checkbox"/>  Teaching         |
| <input type="checkbox"/>  Computers / IT | <input type="checkbox"/>  Media / Film     |
| <input type="checkbox"/>  Art / Design   | <input type="checkbox"/>  Cooking / Baking |
| <input type="checkbox"/>  Animals        | <input type="checkbox"/>  Science / Nature |
| <input type="checkbox"/>  Engineering    | <input type="checkbox"/>  Music            |
| <input type="checkbox"/> Other: _____   |   |



You can change your mind, try new things and create your own path.



## 4 SKILLS I WANT TO DEVELOP

What are some skills you would like to get better at?  
 These could help you now or in the future.

- Being more organised
- Managing my time
- Speaking up for myself
- Making new friends
- Solving problems
- Using technology
- Staying calm
- Other: \_\_\_\_\_



Every new skill you learn is a step towards achieving your goals.



## 5 WHAT'S IMPORTANT TO ME

What matters most to you in life?  
 Choose or add your own.

Family

Friends

Health

Happiness

Kindness

Fun

Learning

Honesty

Adventure

Creativity

Helping others

Other: \_\_\_\_\_



Knowing what's important to you can help you make good choices.



## 6 A MESSAGE TO MY FUTURE SELF

Write a kind and encouraging message to yourself.  
 Open this page in the future to remind yourself how far you've come!

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



You've got this! Your future self will be so proud of you.



### REMEMBER



-  Dream big
-  Work hard.
-  Be kind.
-  Never give up.

### YOU MATTER



Your future is bright because you are capable, strong and unique.



### KEEP GOING



Every small step today can lead to something amazing tomorrow.



### BELIEVE IN POSSIBILITIES



There are so many amazing things waiting for you. The best is yet to come!



The future is yours to create. Dream it, plan it, and go for it!  
 You are capable of amazing things.



# 19. MY SUCCESS PLAN



## TOP TIP

Big achievements start with small, consistent steps. You've got this!



A goal without a plan is just a wish.  
 Planning your steps can help you turn your goals into reality!

You are in charge of your future.  
 Let's make a plan for your success!

## 1 MY GOALS

What are 3 main goals you want to achieve? They can be about school, personal growth, friendships, hobbies or the future.



- 1
- 2
- 3



Having clear goals gives you direction and something to look forward to.



## 2 MY ACTION PLAN

Choose one of your goals from the left. What steps will you take to achieve it? Break it down into small, manageable steps.

STEP	WHAT I WILL DO	WHEN I WILL DO IT
①		
②		
③		
④		
⑤		



Small steps today = Big results tomorrow!



## 3 WHAT MIGHT GET IN THE WAY?

What challenges or obstacles might stop you from reaching your goal? How could you overcome them?

CHALLENGES

HOW I CAN OVERCOME THEM

- |   |   |       |
|---|---|-------|
|  _____ | → | _____ |
|  _____ | → | _____ |
|  _____ | → | _____ |
|  _____ | → | _____ |



Challenges are normal. Having a plan helps you stay strong and keep going!



## 4 WHO CAN SUPPORT ME?

Who are the people that can support you on your journey? How can they help?



NAME	HOW THEY CAN HELP	HOW I WILL ASK FOR HELP
		
		
		
		



You don't have to do it alone. Reaching out is a sign of strength.



## 5 MY MOTIVATION

What motivates you to keep going when things get tough? Write or draw the things that keep you inspired.



Keep your motivation close to remind you why your goals matter.



## 6 MY COMMITMENT

Making a plan is a promise to yourself. Write a commitment to remind yourself that you will keep trying.

I promise to:

\_\_\_\_\_  
 \_\_\_\_\_



I am committed to my goals and my future. I believe in myself!



### REMEMBER



- ☆ Plan your work.
- ☆ Work your plan.
- ☆ Stay positive.
- ☆ Never give up!



### YOU MATTER



- ☆ Your dreams are valid.
- ☆ Your goals are worth chasing.
- ☆ You matter.



### KEEP TRACK

- ☆ Review your plan regularly. Celebrate your progress and adjust if needed.



### YOU'VE GOT THIS!



- ☆ You have everything you need inside you to create the future you want.



You have a plan. You have support. You have the power.  
 Now go out there and make it happen!



# 20. CELEBRATING MY PROGRESS

Take a moment to look back on your journey through this workbook. You've done something amazing!



## TOP TIP

It's important to celebrate your progress, no matter how big or small. Every step you take is something to be proud of!



Be proud. You've grown, learned and prepared for an exciting new chapter.

### 1 WHAT I LEARNED ABOUT MYSELF

What are some new things you learned about yourself in this workbook?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Getting to know yourself is an important part of your journey.



### 2 SOMETHING I'M PROUD OF

What is something you are proud of achieving or learning?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



You should be so proud of the progress you've made!



### 3 A CHALLENGE I OVERCAME

What was something challenging for you, and how did you get through it?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Challenges help you grow stronger and braver.



### 4 A STRENGTH I DISCOVERED

What is one of your strengths that you discovered or used more?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Your strengths are powerful. Keep using them!



### 5 ONE THING I'LL TAKE FORWARD

What is one thing from this workbook that you will take with you into secondary school?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Take the good things with you and keep moving forward.



### 6 A MESSAGE TO MY FUTURE SELF

Write a kind and encouraging message to your future self.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



You've got this! Your future self will be so proud of you.



## YOU'VE TAKEN GREAT STEPS!

You are ready for new experiences, new opportunities and new adventures. Believe in yourself, keep being you and never forget how far you can go!



Thank you for completing this workbook. You've done something brilliant!  
 Remember: You are capable. You are enough. You matter.



# A NOTE FROM US

We are so proud of you for completing this workbook!

You've taken the time to learn more about yourself,  
 think about what helps you and plan for your future.  
 That's something amazing.



Remember, there is no one right way to be.  
 You are you - and that is your superpower.  
 The world is a better place with you in it.



## WE SEE YOU



We see your strengths,  
 your kindness, your humour  
 and your unique way of  
 seeing the world.  
 You matter.



## WE BELIEVE IN YOU



You are capable of  
 amazing things.  
 Believe in yourself -  
 you've got this!



## YOU ARE NOT ALONE



There are people who care  
 about you and want to  
 support you.

It's okay to ask for help.



## IT'S OKAY



It's okay to have tough days.  
 It's okay to make mistakes.  
 It's okay to take breaks.  
 You are human.



## KEEP GROWING



Keep being curious.  
 Keep trying new things.  
 Keep being kind to yourself.  
 Keep going - one step at a time.  
 Your future is yours to create.

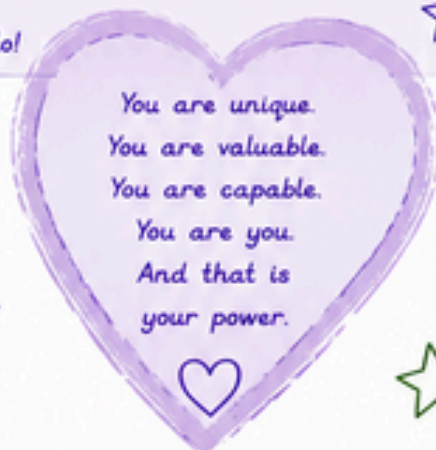


Thank you for letting us be part of your journey.  
 We can't wait to see all the wonderful things you do!



## A final reminder for you...

- ♥ You are enough.
- ♥ You have strengths that make you, you.
- ♥ Your voice matters.
- ♥ Your feelings are valid.
- ♥ You deserve respect.
- ♥ You can achieve your goals.
- ♥ You are amazing - just as you are.



We believe in you. Always.  
 Never forget how brilliant you are.

