

THE MORE YOU KNOW



AUTISM SERVICES

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Getting Ready for My New School Year

A Transition Workbook for Children

Reception - Year 2



Build confidence



Explore changes



Understand feelings



Find helpful strategies



Plan for a positive start



Celebrate strengths



Activities and tools to help you feel more prepared, confident and ready for the year ahead.



You are capable. You are enough. You belong.





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A Note For Grown-Ups

♥ Hello,

Thank you for taking the time to work through this workbook with your child.

Starting a new school year can bring lots of different feelings. Some children feel **excited** about new opportunities, while others may feel **nervous** about changes to routines, environments or relationships. Many children experience a **mixture of both**.



This workbook has been designed to help children:

- ★ Explore their strengths
- ★ Learn about their school environment
- ★ Identify people who can support them
- ★ Understand what helps them feel calm and safe
- ★ Build confidence for the year ahead



There are no right or wrong answers. Every child is different, and every child's experience will be unique.



You may find it helpful to complete activities **gradually**, **revisit** pages throughout the summer holidays, or use the workbook alongside **visits** to school and **conversations** with staff.



Most importantly, this workbook is designed to encourage **curiosity**, **confidence** and **self-understanding**.

At The More You Know Autism Services, our work is guided by three principles:



Empower

Helping children understand themselves and feel confident.



Educate

Providing practical information, resources and support.



Embrace

Celebrating differences and helping children feel valued, understood and accepted.



We hope this workbook helps your child feel a little more prepared for the exciting adventures ahead.

Warm wishes,
The More You Know Autism Services



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You don't have to do everything at once. Take your time and celebrate every step!





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Welcome To Your School Adventure!

Hello!

This workbook belongs to:

My Name Is:

.....



Remember ♥

- ♥ It is okay to feel excited.
- ♥ It is okay to feel nervous.
- ♥ It is okay to feel both.

Lots of children feel this way when things change.

Draw a picture of yourself!



This workbook will help me:

- ★ Learn about my school
- ★ Think about things I am excited about
- ★ Explore any worries I might have
- ★ Find things that help me feel safe and happy
- ★ Get ready for a brilliant school year



Every adventure begins with a first step. And you've already taken yours. ♥



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All About Me!

Draw or stick a photo of yourself!

My Favourite Things



My favourite food



My favourite activity



My favourite story



My favourite toy / game

Things I Am Good At



I am kind when...

.....



I am good at...

.....



I am proud of...

.....



Things That Make Me Smile

Friends



Pets



Games



Outdoors



Music



Quiet time



TMYK Reminder



- Everybody is different.
- Everybody has strengths.
- The things that make you unique are important.



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My School Day

Can you find out what happens during a typical school day?



Draw or stick a photo here

Draw or stick a photo here

Draw or stick a photo here

Draw or stick a photo here

Draw or stick a photo here

Draw or stick a photo here

Draw or stick a photo here

Things I Would Like To Know ?

Where do I put my coat?

Where do I keep my water bottle?

Where are the toilets?

What happens at lunchtime?

Ask a teacher or an adult to help you find the answers!



My School Day Detective Clue ☆

The more we know about our school day, the easier it can feel to know what to expect.



TMYK Reminder

Every school day has lots of familiar routines. Learning about those routines can help us feel more confident.

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People Who Help Me



★ Grown-Ups Who Help Me At School

My Teacher



Draw or stick a photo here

Their name: _____

Teaching Assistant



Draw or stick a photo here

Their name: _____

Other Helpful Adults



Draw or stick a photo here

Their name: _____

♥ Who Can Help If...

If I feel sad <input type="radio"/>	<input type="radio"/> My teacher
If I need the toilet <input type="radio"/>	<input type="radio"/> Teaching assistant
If I feel worried <input type="radio"/>	<input type="radio"/> Other helpful adults
If I don't understand <input type="radio"/>	<input type="radio"/> Any adult I trust
If I get hurt <input type="radio"/>	<input type="radio"/> My friend

★ How Adults Can Help Me

Give me time	<input type="checkbox"/>
Explain things again	<input type="checkbox"/>
Help me find a friend	<input type="checkbox"/>
Help me calm down	<input type="checkbox"/>
Help me when I feel worried	<input type="checkbox"/>
Help me with new things	<input type="checkbox"/>

My Safe People

Draw or write the names of people who help you feel safe.



TMYK Reminder



Asking for help is a strength.

There are lots of people who want to help you have a happy and successful school year.



You are capable. You are enough. You belong.





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Things That Help Me Feel Safe

Things That Help Me Feel Calm

Which things help you feel calm?
Tick or colour your favourites.

- | | |
|---|--|
| <input type="checkbox"/>  Listening to music | <input type="checkbox"/>  Drawing or colouring |
| <input type="checkbox"/>  Reading a book | <input type="checkbox"/>  Spending time outside |
| <input type="checkbox"/>  Having a favourite toy | <input type="checkbox"/>  Quiet time |
| <input type="checkbox"/>  Talking to a grown-up | <input type="checkbox"/>  Drinking water |
| <input type="checkbox"/>  A cuddle | <input type="checkbox"/>  Something else... |

My Comforts

Draw or write your favourites.



My favourite toy



My favourite book



My favourite song



My favourite snack

My Calm Down Toolbox

Draw or write the things, people, places or activities that help you feel calm.

Things






Places

People

Activities



When I Feel Worried, I Can...

-  Take a deep breath
-  Ask for help
-  Use my calm-down toolbox
-  Have some quiet time
-  Talk to a trusted grown-up



My Safe Place

Draw a place where you feel happy, calm or safe.



TMYK Reminder



Everybody needs help sometimes.
Knowing what helps us feel calm is a superpower.



You are important. You are valued. You are you.



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Things I'm Looking Forward To



Starting school is full of new experiences and exciting things!
What are some of the things you are looking forward to?



Things I'm excited about...

Learning new things



Making new friends



Playing and having fun



Going on trips or visits



Creative activities like art or music



Story time and reading



A letter to my future self

Write a few kind words to yourself about starting school.



Lined writing area for a letter to the future self, with a blue pen icon at the bottom right.

I can't wait to...

Write or draw 3 things you can't wait to do at school.

Three numbered boxes (1, 2, 3) for writing or drawing things you can't wait to do at school.

How do these things make me feel?

Colour the feelings that fit how you feel about starting school.



Who or what am I most excited to see?

Draw a picture or write their name.



Large empty box for drawing a picture or writing the name of someone or something you are excited to see.

TMYK Reminder

New things can feel exciting and sometimes a little bit scary.
It's okay to feel lots of different feelings.
You are braver than you think!



So many amazing things are ahead!



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School Explorer Challenge











Let's go on a mission to learn more about your new school!
 Can you explore and find out these important things?



Scavenger Hunt

Can you find these places in your school?
 Tick them when you spot them!

- | | |
|--|--|
| <input type="checkbox"/> My classroom  | <input type="checkbox"/> The toilets  |
| <input type="checkbox"/> The playground  | <input type="checkbox"/> The lunch hall  |
| <input type="checkbox"/> The hall  | <input type="checkbox"/> The office  |
| <input type="checkbox"/> The library  | <input type="checkbox"/> A quiet space  |




Map it!

Draw a simple map of your school.
 What are the most important places?
 Use colours and labels to help.



Questions for a Grown-Up

Ask a teacher or other grown-up at school.
 Write or draw the answers.

-  What time does school start? _____
-  Where do I put my bag and coat? _____
-  What happens at lunchtime? _____
-  Who can I talk to if I need help? _____
-  Is there anything else I should know? _____

Something new I discovered!

Draw or write one thing you learned about your school.



TMYK Reminder

Exploring your school helps you feel more confident.
 You are learning, growing and getting ready for an amazing school year!



Great explorers ask questions and notice the details!



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Look How Much I Know!



You have been learning so many important things!
Colour a star for each one you now know more about.

I now know...



I know about my school day



I know who can help me



I know things that help me feel calm



I know things I am excited about



I have explored my school



I am getting ready for my new school year



My School Readiness Backpack

Write or draw the important things you are taking with you into your new school year!



My Promise To Myself



This year I will try to...



I am proud of...



TMYK Reminder



You do not need to know everything.

You do not need to be perfect.

You just need to be yourself.

I Am Ready For My New School Year!

Name: _____

Date: _____



You are amazing. You are brave. You are enough.
We believe in you!



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A Note From Us To You

Dear Superstar,

You have worked really hard through this workbook.

- ★ You have learned about your school.
- ☆ You have thought about the people who help you.
- ★ You have explored things that help you feel calm and happy.
- ★ You have discovered lots of things about yourself.

That is something to be proud of.



Remember...

- 🌈 It is okay to feel **excited**.
- 💜 It is okay to feel **nervous**.
- ★ It is okay to feel **both**.

Lots of children feel this way when things change.



Your New School Adventure

You do not need to know **everything**.
 You do not need to be **perfect**.
 You do not need to do things **on your own**.
 You already have:

- 💚 Strengths
- 👥 People who help you
- ★ Things that make you smile
- 🧸 Things that help you feel safe

And that is a wonderful place to start.



About The More You Know Autism Services

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

Our work is guided by three principles:

- 💚 **Empower**
Helping people understand themselves and feel confident.
- 💚 **Educate**
Sharing knowledge, resources and practical support.
- 💜 **Embrace**
Celebrating differences and helping people feel valued and understood.



Explore More Free Resources

- 🌐 www.themoreyouknow.org.uk
- 📘 The More You Know Autism Services

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💚 New beginnings can be big adventures, but you are not alone. We are cheering for you! 💜

