

THE MORE YOU KNOW



AUTISM SERVICES

EMPOWER • EDUCATE • EMBRACE

Practical resources to help you feel prepared, confident and supported.



# SECONDARY SCHOOL TRANSITION WORKBOOK

New School.  
New Chapter.  
New Adventures.



You've got this!



Explore new opportunities



Build confidence



Find your voice



Be yourself



Plan your future



Supporting you through change and new beginnings.



This workbook belongs to:



# A Note For PARENTS, CARERS & PROFESSIONALS



Supporting young people through the  
 move to secondary school

The transition to secondary school is an exciting milestone, but it can also bring uncertainty and questions.

For many young people, this may include:

-  New routines
-  A larger environment
-  Multiple teachers
-  New friendships
-  Different expectations

For autistic young people, those on the assessment pathway, and children who experience anxiety around change, these transitions can feel particularly significant.



This workbook has been designed to help young people:



Explore their  
 strengths



Learn more about  
 their new school



Identify helpful  
 support networks







Develop confidence  
 and self-advocacy  
 skills



Prepare for the  
 transition in a  
 positive and  
 practical way

## HOW TO USE THIS WORKBOOK

-  Complete it at your own pace
-  Revisit activities over the summer
-  Use it alongside school visits, transition events and online research
-  Adapt activities to suit the young person's needs and interests



There are no right or wrong answers. The aim is simply to help young people feel more informed, prepared and confident as they begin their next adventure.

## ABOUT THE MORE YOU KNOW AUTISM SERVICES

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

Guided by our ethos:



**EMPOWER**

Building confidence  
 and independence



**EDUCATE**

Sharing knowledge  
 and understanding



**EMBRACE**

Accepting, including  
 and celebrating  
 neurodiversity

Practical resources  
 to help you feel  
 prepared, confident  
 and supported.



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



Thank you for helping  
 young people feel ready  
 for their next adventure.



# Welcome To Your Next Adventure


Moving to secondary school is a big step. It can feel:

-  Exciting
-  Interesting
-  Nerve-wracking
-  Full of new opportunities




And sometimes all of those things at once! 







## THIS WORKBOOK WILL HELP ME...

- Learn more about my new school
- Explore what might be changing
- Identify people who can help me
- Find strategies that work for me
- Feel more prepared for September
- Build confidence for the next chapter 

## WHAT I ALREADY KNOW ABOUT MYSELF

-  My strengths:  
\_\_\_\_\_
-  Things I enjoy:  
\_\_\_\_\_
-  Things I am proud of:  
\_\_\_\_\_


## REMEMBER...

-  You do not need to know everything today.
-  You do not need to have **all** the answers.
-  You do not need to do this alone. 



## MY TRANSITION JOURNEY



This workbook is all about you, your transition and your next adventure. 



# All About Me



Before I start my secondary school adventure...

Let's think about what makes me, me.



## My Strengths

I am good at...

.....  
.....  
.....

## Things I Enjoy

Things I like doing in my free time:

.....  
.....  
.....

## How I Learn Best

Tick any that help you:

- Seeing information
- Listening to explanations
- Writing things down
- Practical activities
- Working independently
- Working with others
- Taking breaks
- Using technology
- Something else:

.....

## Things That Help Me At School

What helps you feel successful at school?



.....

- Routines
- Clear instructions
- Movement breaks
- Sensory supports
- Organisation tools
- Something else

## What I Would Like My New Teachers To Know

You might want to include things like:

- I like to think before answering.
- I may need extra time.
- I learn best when...
- I enjoy...
- I worry about...

.....  
.....

## Something I Am Proud Of

One thing I am proud of is...



.....  
.....  
.....



Everyone is different.  
There is no right or wrong answer.  
This is all about you.

You already have so many skills, strengths and experiences to take with you.  
Believe in yourself - you've got this!



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# Getting Ready For SECONDARY SCHOOL



Preparing for secondary school can help you feel more confident and excited about what's ahead.



## What might be different?

Tick any changes you think you might experience.

	<input type="checkbox"/> More pupils		<input type="checkbox"/> New friends
	<input type="checkbox"/> Different teachers		<input type="checkbox"/> More independence
	<input type="checkbox"/> A new timetable		<input type="checkbox"/> More homework
	<input type="checkbox"/> A bigger building		<input type="checkbox"/> Different expectations
	<input type="checkbox"/> Different lessons		<input type="checkbox"/> Something else:

## Things I'm Looking Forward To



What are you most excited about?

- .....
- .....
- .....
- .....
- .....

## Things I'm Worried About



It's normal to feel worried sometimes.

What are you worried about?

You can write or draw your worries here.

## What Could Help?

What could make the move to secondary school easier for you? Tick or add your own ideas.

- Visiting my new school
- Meeting my teacher
- A transition book or guide
- Talking about my worries
- Having time to get used to changes
- Quiet spaces / sensory areas
- Something else:



## I Will Take With Me...

List 3 things you want to take with you into your next chapter.

- 1 .....
- 2 .....
- 3 .....



Small steps today, big adventures tomorrow.



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



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Getting to know your new school can help you feel more prepared and confident for September.



## About My New School

Name of my new school:

.....

Address:

.....

.....

School website:

.....

Who can I contact if I have questions?

.....

## What Do I Know Already?

Write or draw the things you already know about your new school.

.....

.....

.....

.....

## I'm Curious About...



What would you like to find out?  
 Write down your questions here.

.....

.....

.....

.....


.....


.....





## Who Can Help Me?


There are lots of people in school who are there to support you. Who might they be?

 Form tutor: .....

 Transition lead: .....

 SENCO: .....

 Pastoral / wellbeing staff: .....

 Other adults I can talk to: .....



## Places I Might Visit

Tick the places you have visited or plan to visit.  
 Add any others you want to explore.

- |  |  |
|--|--|
| <input type="checkbox"/> Main entrance | <input type="checkbox"/> Dining hall           |
| <input type="checkbox"/> My classroom  | <input type="checkbox"/> Toilets               |
| <input type="checkbox"/> Science lab   | <input type="checkbox"/> Sensory / quiet space |
| <input type="checkbox"/> Library       | <input type="checkbox"/> School office         |
| <input type="checkbox"/> Sports hall   | <input type="checkbox"/> Other: .....          |



## Things I Like To Know

Some people like lots of details. Others like a general idea.  
 What helps you feel comfortable when you're in a new place?  
 Tick all that help you.

- |   |   |
|---|---|
| <input type="checkbox"/> Knowing the timetable  | <input type="checkbox"/> Having rules explained   |
| <input type="checkbox"/> Seeing maps or photos  | <input type="checkbox"/> Knowing where things are |
| <input type="checkbox"/> Knowing what to expect | <input type="checkbox"/> Having a plan B          |
| <input type="checkbox"/> Meeting people first   | <input type="checkbox"/> Other: .....             |

## TOP TIP

Little steps now can make a big difference later.  
 You've got this!



## Something I'm Looking Forward To

What are you most looking forward to about starting secondary school?

.....


.....





# Top Tips for a Smooth Start



Small steps now can make a big difference in September.  
 You've got this! 



## 1. Practise Wearing Your Uniform



Wear your uniform for a short time before September so it feels more familiar and comfortable.



## 2. Explore Your Journey

Try travelling to school before term starts.

You could:

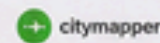
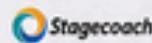
- Walk the route
- Practise taking the bus
- Check where you'll be dropped off
- Find your entrance



## 3. Useful Apps

If you'll be travelling independently:

- Download the bus app
- Save important routes
- Check journey times
- Learn what to do if plans change



## 4. Create A Travel Playlist



Music, podcasts or audiobooks can help journeys feel calmer and more predictable.

What would be on your playlist?

.....

.....

.....



## 5. Equipment Checklist

Before school starts, make a list of:

- |                                       |  |
|---------------------------------------|--|
| <input type="checkbox"/> Pens         | <input type="checkbox"/> Planner                 |
| <input type="checkbox"/> Pencils      | <input type="checkbox"/> Lunch                   |
| <input type="checkbox"/> PE kit       | <input type="checkbox"/> Calculator              |
| <input type="checkbox"/> Water bottle | <input type="checkbox"/> Anything else you need. |



## 6. Evening Check Routine

Many students find it helpful to spend 5 minutes each evening checking:

- School bag packed
- Equipment ready
- Uniform ready
- Homework complete
- Alarm set



## Remember...



Preparation isn't about being perfect. It's about feeling more in control.



You don't have to do everything at once. Small steps count.



You are capable, ready and more prepared than you think.



Plan ahead.  
 Feel prepared.  
 Take it one step at a time.



You've already taken the first step by preparing.  
 Keep going - your future self will thank you!



You've got this!



# Who Can Help Me?



## My Support Team

There are lots of people in school who can help you.

Draw a face or write a name if you already know who these people are.

 Form Tutor

 Head of Year

 SENCO







 Pastoral Team

 Subject Teachers

 Trusted Adults At Home

## If I Need Help With...

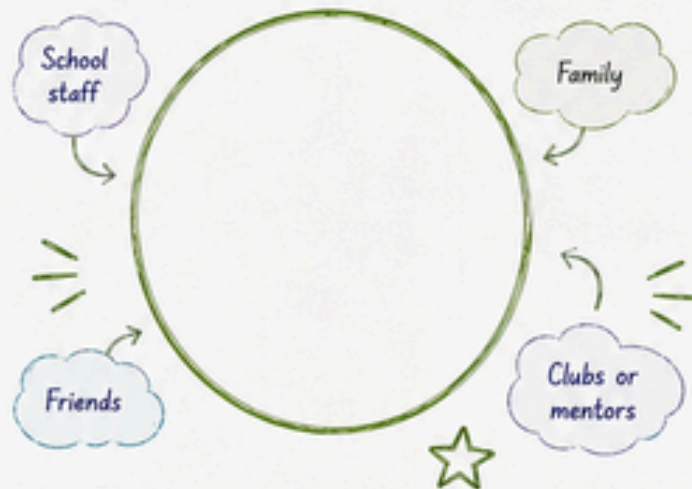
Draw a line to match the situation with who could help.

-  Feeling worried
-  School work
-  Finding my way around
-  Friendships
-  Organisation
-  Travelling to school

- Form Tutor
- Head of Year
- Subject Teacher
- Pastoral Team
- SENCO
- Trusted Adult
- Teaching Assistant
- Other adult in school

## My Trusted People

Who are the people you can talk to when you need support? Write or draw them here.



## Reaching Out



Asking for help is a strength, not a weakness. There are lots of ways you can reach out.

Ways I can ask for help:

- Speak to somebody
- Write a note
- Send an email
- Ask somebody to help me ask
- Use another way that works for me:



## Remember...

-  You are not alone.
-  It's okay to ask for help.
-  You deserve support.
-  You never have to figure it all out on your own.



There is a whole team around you. When you know who can help, you can feel more confident and ready for your new adventure!



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The more you explore now, the more confident you'll feel in September!












## Your Mission

Find out as much as you can about your new school. Become an explorer and discover everything it has to offer!



## 1. Explore Your New School

Visit the school website. What can you find out? Tick the things you have explored.

-  Look at the homepage
-  Find information about the school day
-  Explore the school campus or building
-  Meet the staff
-  Read the latest news
-  Check the term dates
-  Look at the photos and videos
-  Find key information (uniform, policies, behaviour, etc.)
-  Something else:



## 2. Discover Opportunities

What activities, clubs or opportunities does your new school offer? Tick the ones you find.

-  Sports teams
-  Music or drama
-  Clubs and societies
-  Student leadership
-  Trips and visits
-  After-school activities
-  Volunteering
-  Something else:



## 3. Questions I Want to Ask










Write down any questions you have about starting secondary school.

- |          |          |
|----------|----------|
| 1. _____ | 5. _____ |
| 2. _____ | 6. _____ |
| 3. _____ | 7. _____ |
| 4. _____ | 8. _____ |



## 4. Investigate Subjects

Look at the subjects you will study. Which ones are you most interested in learning more about? Circle your top 3.



- |  |  |  |  |  |
|--|--|--|--|--|
| <br>English             | <br>Maths | <br>Science | <br>History         | <br>Geography |
| <br>Languages           | <br>Art   | <br>Music   | <br>PE              | <br>Computing |
| <br>Design & Technology | <br>Drama | <br>PSHE    | <br>Food Technology | Something else:<br>.....   |

Is there a subject you'd like to find out more about?



## 5. Get in Touch

If you have a question, it's okay to reach out. Here are some ways you could contact your new school.

-  Send an email .....
-  Give them a call .....
-  Use the contact form on the website .....
-  Attend an open evening or event .....
-  Ask someone to help me contact them .....



Curiosity is the first step to confidence!



You are becoming an expert on your new school. Every bit of information helps you feel more prepared!



# Looking Forward To SECONDARY SCHOOL



There are so many exciting things ahead!  
 Let's think about what you're looking forward to.



## 1. Things I'm Excited About

What are you most excited about in secondary school?  
 Write or draw your ideas.

 New subjects	 New friends	 Clubs & activities	 A bigger school	 Something else
---	--	---	--	---

## 2. Opportunities I Want To Try

Tick the opportunities you would like to make the most of.

- |  |   |
|--|---|
| <input type="checkbox"/> Join a club       | <input type="checkbox"/> Join a school trip         |
| <input type="checkbox"/> Try a new sport   | <input type="checkbox"/> Learn a new skill          |
| <input type="checkbox"/> Make a new friend | <input type="checkbox"/> Take part in a competition |
| <input type="checkbox"/> Visit the library | <input type="checkbox"/> Something else:            |



## 3. In One Year's Time...

Imagine it is the end of Year 7.  
 What would you like to be able to say?

-  I am proud that I...  
.....
-  I learned how to...  
.....
-  I enjoyed...  
.....



## 4. Things I Already Have

Before starting secondary school, I already have lots to be proud of!  
 Write down some of your strengths, knowledge, skills and experience.

-  Strengths .....
-  Knowledge .....
-  People who support me .....
-  Experience .....
-  Skills .....

## 5. My Future Me

Draw or describe yourself feeling confident and successful in Year 7.

## TMYK Reminder

Secondary school is not about becoming somebody different.  
 It is about discovering new opportunities to be yourself.




You have so much to look forward to.  
 Every day brings a new opportunity!



# My Secondary School SUCCESS PLAN!



You've got the information, the support and the plan.  
 Now it's time to make a plan for your success! 



## My Goals for Year 7

What do you want to achieve, experience or improve this year?  
 Write or draw your goals.

1



2




3



## Things I Will Do To Help Myself







List some things that will help you feel ready, organised and able to cope.

- Use my planner or homework diary \_\_\_\_\_
- Check my timetable each day \_\_\_\_\_
- Pack my bag the night before \_\_\_\_\_
- Ask for help when I need it \_\_\_\_\_
- Take breaks if I feel overwhelmed \_\_\_\_\_
- Look after my health (sleep, food, exercise) \_\_\_\_\_
- Use strategies that help me stay calm \_\_\_\_\_
- Something else: \_\_\_\_\_ 



## Challenges I Might Face

It's normal to face challenges. What might be tricky?  
 How will you manage these?

Challenge	How I Can Manage It
 Feeling worried →	
 Finding my way around →	
 Making new friends →	
 Lots of homework →	
 Travelling to school →	
 Something else →	



## My Positive Reminders

Write down some positive things to remind yourself when you need them.

1 	2 	3 
4 	5 	6 




## I'm Ready Because...

List three reasons why you are ready to start this new chapter.

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_ 



You've made a plan and you've got this!  
 Believe in yourself – your future is full of possibilities. 



# My Secondary School STARTER KIT!

Everything in one place to help you feel prepared, organised and confident!



## My Daily Routine

A good routine can help me feel calm and ready.



### My Morning Routine



- .....
- .....
- .....
- .....
- .....
- .....

### My Evening Routine



- .....
- .....
- .....
- .....
- .....
- .....



## My Equipment Checklist

Use this to check you have everything each evening.

- |                                       |  |
|---------------------------------------|--|
| <input type="checkbox"/> School bag   | <input type="checkbox"/> PE kit              |
| <input type="checkbox"/> Pencil case  | <input type="checkbox"/> Water bottle        |
| <input type="checkbox"/> Pens         | <input type="checkbox"/> Lunch / snacks      |
| <input type="checkbox"/> Pencils      | <input type="checkbox"/> Chromebook / device |
| <input type="checkbox"/> Ruler        | <input type="checkbox"/> Homework            |
| <input type="checkbox"/> Rubber       | <input type="checkbox"/> Headphones          |
| <input type="checkbox"/> Calculator   | Anything else I need:                        |
| <input type="checkbox"/> Planner      | .....  |
| <input type="checkbox"/> Reading book | .....  |



## My School Day At A Glance

Fill in your typical day so you know what to expect.

Time	What's Happening?	Where?



## My Support Plan

People and strategies that can help me when I need support.

### People I Can Talk To

- .....
- .....
- .....
- .....
- .....



### Strategies That Help Me

- .....
- .....
- .....
- .....
- .....



## Getting To School

How will I get to school?

What time do I need to leave?

How long will it take?

Where do I need to be dropped off?

Who can I contact if there's a problem?

### My Route



## Emergency Information

Important numbers to keep safe.

- Home phone number: .....
- Parent / Carer 1: .....
- Parent / Carer 2: .....
- Another trusted adult: .....
- School main office number: .....
- School email / website: .....



Remember: It's okay to ask for help.  
 You are never on your own.




You are prepared. You are capable. You are ready.  
 Your secondary school **adventure starts now!**





# STRONGER TOGETHER!




You're not doing this alone.  
 You have people around you and a community to support you. 



## 1. My People

Who are the people who will be part of your secondary school journey?  
 Write their names or draw them.

Family	Friends	School staff	Other adults	Me!
--------	---------	--------------	--------------	-----




## 2. Working Together

We all have different strengths.  
 How can we help and encourage each other?

- Be kind and inclusive
- Listen and show respect
- Encourage each other
- Celebrate successes
- Share ideas
- Offer support when needed
- Something else: \_\_\_\_\_



## 3. Let's Communicate!

Good communication helps everyone feel understood.  
 How can we keep in touch and share what we need?

Ways I like to communicate:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

I can...

- Ask questions
- Share how I feel
- Listen to others
- Give helpful feedback



## 4. Our Class Community

What kind of class community would you like to be part of?  
 Write or draw your ideas.



## 5. We Will Face Challenges

It's normal to face difficulties sometimes.  
 What can help us get through tough times?

When things get hard, we can...

- Talk to someone \_\_\_\_\_
- Take a break \_\_\_\_\_
- Use a calming strategy \_\_\_\_\_
- Keep trying \_\_\_\_\_
- Remember our strengths \_\_\_\_\_
- Something else \_\_\_\_\_



## 6. Celebrating Successes!

Big or small, every success matters.  
 How can we celebrate together?



## 7. A Message To My Future Self

Write a message to yourself for when you need a reminder that you are not alone.  
 What would you like your future self to remember?

\_\_\_\_\_

\_\_\_\_\_



We are all in this together.  
 With kindness, support and teamwork, amazing things happen!





The first few weeks are all about settling in, learning routines and finding your place!



## 1 What Will Be New?



There will be lots of new things in the first few weeks. What do you think will be new for you? Write or draw your ideas.



New school routines



A different timetable



Finding my way around



More homework



New subjects and lessons



Lunch and break times



New people



Something else:

## 2 My First Week Goals



What are three things you would like to achieve in your first week?

1

2

3



## 3 Things That Might Feel Tricky



It's okay if some things feel challenging at first. What might you find tricky and how could you handle it?

What Might Be Tricky?

How I Can Handle It



## 4 People I Can Go To



If I need help or have a question, these are the people I could speak to at school.



Form Tutor:



Head of Year:



Teacher:



Support Staff:



Friend:



Something else:

## 5 My Comfort Strategies



These things help me feel calm, focused and ready to learn. Which strategies will you bring with you?



Listen to music



Take deep breaths



Talk to someone



Have a drink



Doodle or write



Something else



Other strategies that help me:



## 6 How I Will Know It's Going Well



How will you know that you are settling in and things are going well? Write or draw your ideas.



## 7 A Little Note To Me...

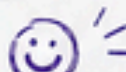


Write a kind and encouraging note to yourself to read in the first few weeks. What would you like to remind yourself?

\_\_\_\_\_



You've got this!  
 Take it **one day at a time** and be proud of every small step.



Secondary school is full of new opportunities to learn, grow and have fun!



## 1 New Subjects To Explore!

There will be lots of new subjects to try. Which ones are you most excited about? Why?



## 2 Clubs & Activities

There are so many clubs and activities to get involved in. Which ones would you like to try?



Sports



Drama



Music



Art



Reading



Photography



Coding



Gardening



Student Council



Languages



Chess



Gaming



Volunteering



Science Club



Something else!

## 3 Making New Friends

Making new friends can feel exciting and a little scary. What might help you make connections?

I could...

- ★ Say hello \_\_\_\_\_
- ★ Join in \_\_\_\_\_
- ★ Ask questions \_\_\_\_\_
- ★ Find people with similar interests \_\_\_\_\_
- ★ Sit with someone new \_\_\_\_\_
- ★ Something else \_\_\_\_\_

Everyone is in the same boat!



## 5 Opportunities Waiting For Me

What amazing opportunities are there for you in secondary school? Write or draw your ideas.



## 6 I'm Looking Forward To...

Finish these sentences about your future!

- I can't wait to \_\_\_\_\_
- I am excited to learn about \_\_\_\_\_
- I'm looking forward to \_\_\_\_\_
- It will be fun to \_\_\_\_\_
- I know I will be proud when \_\_\_\_\_



Try new things. Meet new people. Take on new challenges. Amazing experiences are waiting for you!

# My Transition Notes

Use this page to write down important information, questions and things you want to remember.

## Questions I Still Have

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

## Things I Want To Remember

- ★ \_\_\_\_\_
- ★ \_\_\_\_\_
- ★ \_\_\_\_\_

## Before September...

- Practise my journey 
- Check my equipment 
- Explore the school website 
- Ask any questions I still have 
- Think about what I'm looking forward to 
- Celebrate how far I've come 

## Important Information I've Found Out

-  Travel information  
 \_\_\_\_\_  
 \_\_\_\_\_
-  School information  
 \_\_\_\_\_  
 \_\_\_\_\_
-  Helpful people  
 \_\_\_\_\_  
 \_\_\_\_\_
-  Subjects or clubs  
 \_\_\_\_\_  
 \_\_\_\_\_

## My Notes Page

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Look how much you've discovered, planned and achieved!

## ★ I Am Ready Because... ♥

- I know more about my new school
- I know who can help me
- I know what helps me feel calm
- I know how I will get to school
- I have thought about my goals
- I know my strengths
- I have people who support me
- I am learning new ways to solve problems



## ★ Three Things I Am Looking Forward To ♥

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_



## ♥ Three Strengths I Will Take With Me ★

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_



## ✎ A Message To Future Me ♥

Imagine it is your first week of secondary school.  
 What would you like to remind yourself?

Dear Future Me, \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_



## 🏆 My Adventure Checklist ✓

- I have explored my new school
- I have thought about questions I might ask
- I know who can support me
- I have planned ahead
- I am ready to try new things
- I am ready for my next adventure



You do not need to have everything figured out.  
 You only need to take the next step.  
 Your next adventure is waiting for you.





# A Note From Us To You...



Well done for completing your Secondary School Transition Workbook!  
You've taken important steps to prepare for your next adventure.  
We are so proud of you!



## 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, recognise their strengths and advocate for their needs.



### EDUCATE

Providing practical information, resources and support that help people feel informed and confident.



### EMBRACE

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



## Explore More Free Resources



Visit:

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

to access:



Transition Workbooks



Parent Guides



Helpful Articles



Autism Resources



Education & Training Information



## Remember...



Every young person's journey is different.



- ♥ There is no "right" way to approach secondary school.
- ♥ Be curious.
- ♥ Be kind to yourself.
- ♥ Take things one step at a time.

And remember...



You already have so many strengths to take with you.



Thank you for letting us be part of your journey.  
**You've got this!**

