



Getting Ready for a New School Year

A Transition Workbook for Children and Families

Primary
School Age
Years 3-6

Every new school year brings opportunities to learn, grow, and discover new things.

Sometimes changes can feel exciting.
Sometimes changes can feel a little worrying.
And sometimes they can feel both
at the same time.

This workbook has been designed to help children think about upcoming changes, recognise their strengths, explore any worries they may have, and identify the things that help them feel confident and supported.

There are no right or wrong answers.

You can complete the activities on your own or with a parent, carer, teacher, or another trusted adult.

Small steps
today,
big things
tomorrow



Welcome

Getting Ready for a New School Year



Every new school year brings opportunities to learn, grow, and discover new things. Sometimes change feels exciting. Sometimes it feels a little worrying. Sometimes it feels both at the same time. That's completely okay.

This workbook has been created to help children think about upcoming changes, recognise their strengths, explore any worries they may have, and identify the things that help them feel safe, confident, and supported.



Who Is This Workbook For?

This workbook has been designed for primary school-aged children who may benefit from additional support around change and transitions.





It may be helpful for:

- ★ Autistic children
- ★ Neurodivergent children
- ★ Children waiting for assessment
- ★ Children with additional needs
- ★ Any child who finds change challenging



How Can It Be Used?

This workbook can be completed:

-  At home with family
-  In school with a teacher, teaching assistant or SENCO
-  Together with a trusted adult
-  At your own pace

There are no right or wrong answers. Some children may complete a page each day, whilst others may choose to work through the workbook over several weeks.


Every child is different.



A Note for Grown-Ups

The goal of this workbook is not to remove every worry.

The goal is to help children understand what they are feeling, identify what helps, and feel more prepared for the changes ahead.

 Small steps, preparation, understanding, and support can make a big difference.

- You are allowed to take your time.
- You are allowed to ask for help.
- You are allowed to do what helps YOU.



Our Approach

At The More You Know Autism Services, we believe every child deserves to feel understood, supported, and valued. Everything we create is guided by three simple principles:



EMPOWER

Helping children recognise their strengths, understand their needs, and develop confidence in themselves.



EDUCATE

Providing information, tools, and strategies that help children and the adults around them better understand change and transitions.



EMBRACE

Celebrating individuality and creating spaces where children feel accepted for exactly who they are.



The More You Know Autism Services

Empower • Educate • Embrace + 



www.themoreyouknow.org.uk

All About Me

Before we think about changes, let's think about you.

You are you, and that is your superpower.

Draw a picture of yourself

Things I Enjoy

What are some of your favourite things?



Things I Am Good At

We all have strengths. What are some things you are proud of?

- Being kind
- Helping others
- Reading
- Drawing
- 1+2 Maths
- Sport
- Gaming
- Solving problems
- Looking after animals
- Making people laugh
- Remembering facts
- Something else:

Things That Make Me Smile

What helps you feel happy?
What do you enjoy doing?



What Makes Me Unique?

Everybody is different.
What makes you, YOU?

You do not have to be good at everything.

You are allowed to be yourself.

Your strengths matter.

Changes I've Managed Before

Look how far you've already come!

Sometimes, when we think about a change that is coming, we can forget about all the changes we have already managed. Let's take a moment to remember some of the things you have done before.



1 Changes I've Experienced

Have you ever...

- Started a new school year?
- Met a new teacher?
- Moved classroom?
- Made a new friend?
- Joined a club?
- Learned something difficult?
- Gone on a school trip?
- Tried something new?
- Lost a tooth?
- Moved house?
- Had a new brother or sister?
- Something else:

2 Which Change Was The Biggest For You?

Draw or write about it.

3 What Helped?

Think about the change you chose above. What helped you manage it?

- Knowing what to expect
- Talking about it
- Visiting beforehand
- Having a plan
- Asking questions
- Taking my time
- Support from family
- Support from school
- A favourite item
- Having quiet time
- Something else:

4 What Did You Learn About Yourself?

Sometimes difficult things teach us something important.

I learned that I can:

5 My Transition Toolkit

Things that help me when something changes:

-
-
-
-

I have managed changes before.

I can learn new things.

I can ask for help when I need it.

Looking Forward To My New School Year

There are lots of exciting things ahead!

A new school year can bring new opportunities, new experiences, and new things to learn. Let's think about some of the things you are looking forward to.



★ Things I Am Excited About

Tick any that sound like you.

- Seeing my friends
- Meeting new people
- Learning new things
- New books
- School trips
- Clubs and activities
- New responsibilities
- Being in a new year group
- Becoming more independent
- Something else: _____

♥ Things I Would Like To Learn

This year I would like to learn:



★ Things I Would Like To Get Better At

It could be anything!

Examples:

- Making friends
- Trying new things
- Reading
- Maths
- Organisation
- Confidence
- Sport
- Asking for help

I would like to improve:

What Am I Most Looking Forward To?

Draw or write about it below.



My Goals For The Year Ahead

Something I would like to try:



Something I would like to achieve:



Something I am proud of already:



Remember



You do not need to do everything at once.



Small steps count.



Learning takes time.



Growing takes time.



You are already doing better than you think.



Some Things Feel Tricky



It's okay to have mixed feelings.

Sometimes we can feel excited about a change and worried about it at the same time.

Many children have questions, worries, or concerns when something new is happening.

Let's think about what might feel tricky for you..



Things I Might Find Difficult

Tick any that sound like you.

- Not knowing what to expect
- New teachers
- New classmates
- New routines
- Busy classrooms
- Noise
- Making mistakes
- Getting things wrong
- Changes to plans
- Asking for help
- Being away from people I know
- Something else:

When I Feel Worried, I Might...

Everybody experiences worries differently.

- Feel nervous
- Feel frustrated
- Feel tired
- Feel quiet
- Feel angry
- Feel upset
- Need more time
- Need a break
- Something else:

Things I Wish Adults Knew

Sometimes adults cannot tell what we are thinking.

What would you like adults to know about you?

One Small Thing That Could Help

If one thing could make next year easier, what would it be?



My Worry Scale

Colour in how you feel about next year.



- Very calm
- A little worried
- Unsure
- Quite worried
- Very worried

(Circle, colour, or draw your own)

Remember

Having worries does not mean you cannot do something.

It simply means something feels important.

You do not have to manage worries on your own.

Support is always okay to ask for.



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My Transition Toolkit

Everyone needs tools that help them.

When things change, it can help to have strategies, people, and activities that make us feel safe and supported. This page is all about creating YOUR toolkit.



People Who Help Me

Who can I talk to when I need support?

- Family
- Teacher
- Teaching Assistant
- Friend
- Relative
- Someone else:



Things That Help Me Feel Calm

Tick any that help you.

- Knowing the plan
- Having extra time
- A quiet space
- Listening to music
- Reading
- Drawing
- Movement breaks
- Being outdoors
- Talking to someone
- My favourite toy or comfort item
- Something else:

What Would I Put In My Calm Kit?

If you could create a calm kit for school, what would you include?



Helpful Things Adults Can Say

What helps when you are worried?

- "Let's do this together."
- "You can take your time."
- "Would you like some help?"
- "Let's make a plan."
- "You've done this before."
- Something else:



My Top Three Supports

The three things that help me most are:

- 1 _____
- 2 _____
- 3 _____



My Confidence Reminder

Write or draw something you would like to remember when things feel difficult.



Remember



You do not have to do everything on your own.



Support is a strength.



Asking for help is a skill.



Everybody needs a toolkit sometimes.



School Detective Challenge!



The more we know about something, the less mysterious it can feel.

Your mission is to gather clues and information about your new school year so you can feel more prepared and confident. You can ask questions, explore, take photos, make notes and discover lots of exciting things!

Before the end of the school year, see how many clues you can collect!

EMPOWER

Gather information that helps you feel confident.

EDUCATE

Learn about your new classroom and the people around you.

EMBRACE

Discover what helps you feel comfortable and supported.

Detective Tip!

Good detectives use all their senses! Look, listen, ask, think and write things down so you don't forget.

Ask questions like...

- Can I see where...?
- What happens if...?
- Who can help me with...?
- Can you tell me more about...?



My new school!

Clues to Collect

Can you find out...

★ Where is my classroom?

★ Who will help me?

★ What does lunchtime look like?

★ Where do I put my bag and coat?

★ What fun things are there to do?

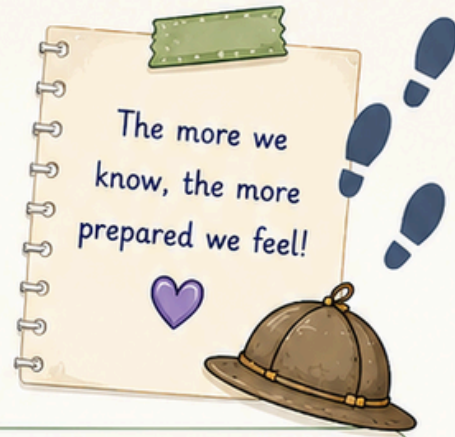
★ What questions do I have?

Every clue you find is a step closer to feeling ready for your new adventure!

Great work, Detective!



My Investigation Notes



Use this page to record everything you discover about your new school!



My Classroom

What does it look like?



My Teacher

What are they like?



Look closely, observe carefully, and write down your findings!



Other Adults

Who else will help me?



Lunchtime

Where will I eat?
What will it be like?



Things I Need to Remember

What routines or information will help me?



Questions I Still Have

What would I like to know more about?



You are building your knowledge and becoming an expert on your new school. Well done, Detective!





My New School Year Plan



Use this page to think about what will help you have a great year at school.



My Strengths

What am I good at?
What are my superpowers?

- ★ _____
- ★ _____
- ★ _____
- ★ _____

♥ I am proud of... _____



My Supports

Who can help me?
What support helps me?

- ♥ _____
- ♥ _____
- ♥ _____
- ♥ _____

♥ I can ask for help by... _____



My Goals

What would I like to achieve this school year?

1. _____
2. _____
3. _____
4. _____



♥ I will achieve my goals by... _____



My Questions

What would I like to know more about or ask about?

- ? _____
- ? _____
- ? _____
- ? _____

? I will find out by... _____



One Small Step I Can Take

What is one small thing I can do to help me feel ready for my new school year?



Remember: Understanding ourselves helps us prepare for change.
You have strengths, you have support, and you have a plan.



⇒ You've got this! ⇐ ♥



Ready For My New School Year!

You've done something amazing!



Look at everything you've done in this workbook!

YOU HAVE...

-  Thought about changes you've managed before
-  Identified your strengths and what makes you you
-  Explored the things you are excited about
-  Explored the things that might feel tricky
-  Created your transition toolkit of helpful strategies
-  Gathered clues and information about your new school year
-  Made a plan for the year ahead

You've taken lots of positive steps to help yourself prepare!

THINGS I WANT TO REMEMBER

I am capable of...

I can ask for help when...

One thing I am proud of is...

Change can feel big.
But you do not have to face it alone.
You have people who will help you.
You have tools that can support you.
And you have **YOU!**

LOOK HOW FAR YOU'VE COME!

Draw or write something you are proud of from your transition journey.

Large dashed-line box for drawing or writing.

CERTIFICATE OF ACHIEVEMENT

PROUDLY PRESENTED TO

For being an amazing
TRANSITION EXPLORER!

Date: _____ Signed: _____

Be kind to yourself

Believe in yourself

You've got this!

Remember... every new beginning is a chance to learn, grow and shine in new ways!



♥ A Note From Us To You... ✨

Dear Reader,

If you have worked through this workbook, we would like to tell you something important.

You have already done something **brave**.

You have spent time thinking about changes, asking questions, learning about yourself, and finding ways to help yourself feel prepared. That takes **courage**.



Sometimes a new school year feels exciting.
Sometimes it feels a little scary.
Sometimes it feels like both at the same time.

Whatever you are feeling right now is okay.

As you move into your new school year, try to remember:

- ★ You do not have to know everything.
- ★ You do not have to get everything right straight away.
- ★ You do not have to do things on your own. ♥

You have strengths. You have people who care about you.
You have already managed changes before.
And if things feel difficult, you can always come back and look through this workbook again.

- ♥ Remember all the clues you collected.
- ♥ Remember the plans you made.
- ♥ Remember the things that help you.

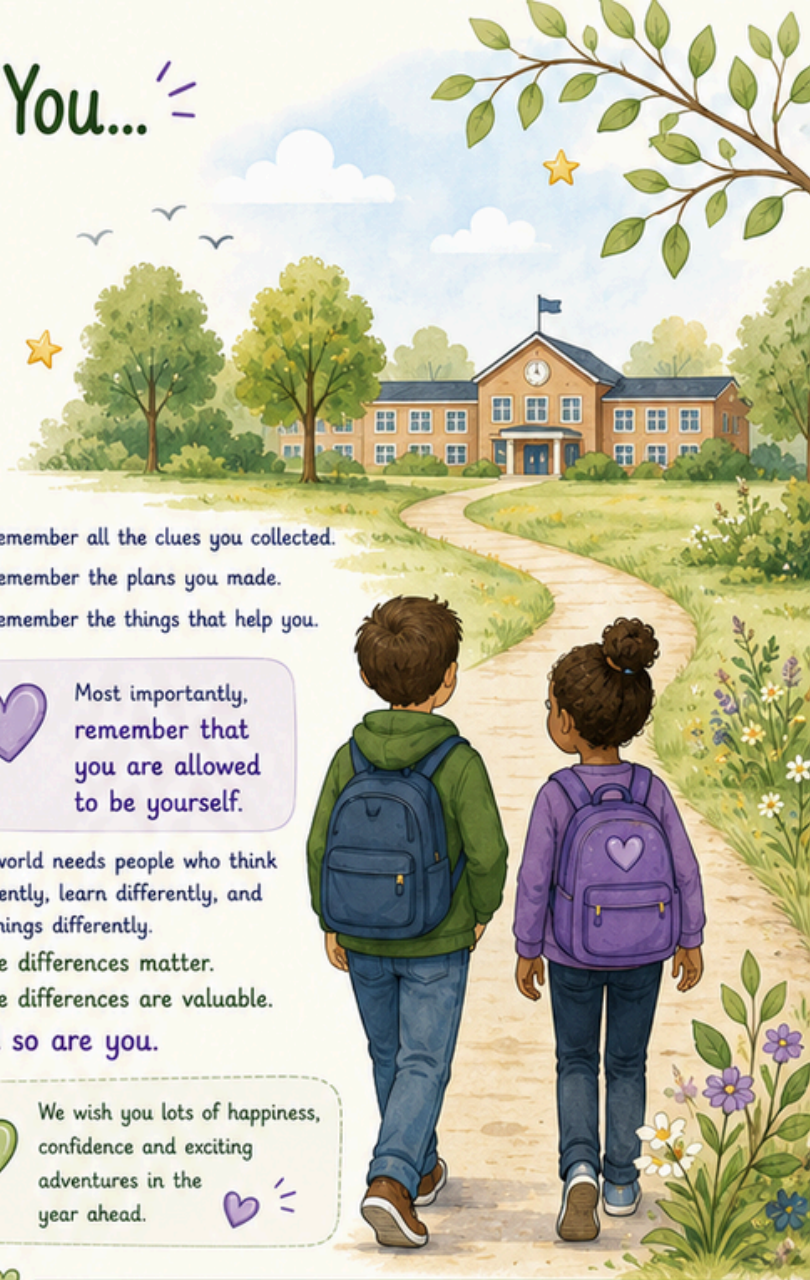


Most importantly, remember that you are allowed to be yourself.

The world needs people who think differently, learn differently, and see things differently.
Those differences matter.
Those differences are valuable.
And so are you.



We wish you lots of happiness, confidence and exciting adventures in the year ahead. ♥ ✨



✨ 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 better understand themselves and advocate for their needs.



Educate

Sharing knowledge, resources and practical support.



Embrace

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



✨ Explore More Free Resources: ✨

♥ www.themoreyouknow.org.uk ♥

