



The PXL Club Ltd in partnership with Hachette UK

## Session 5

# Lost but not lost

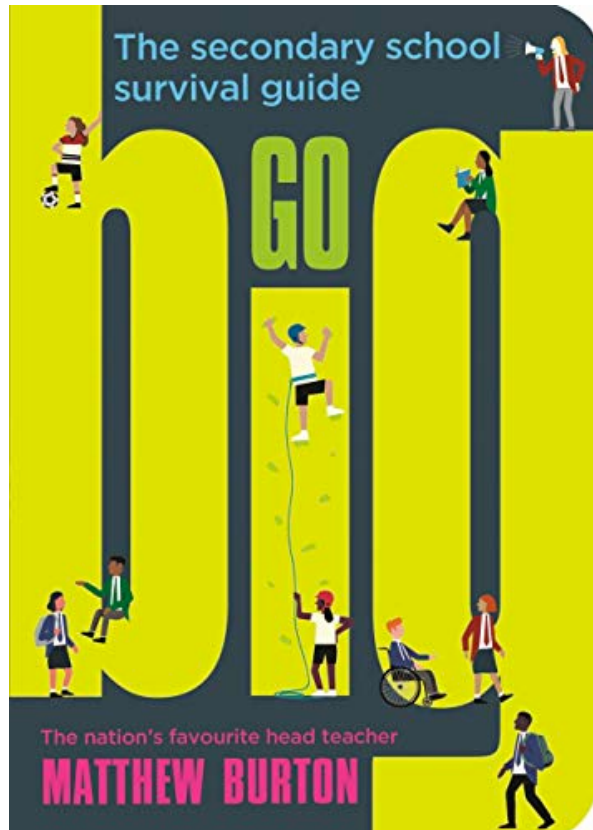
**In Session 4, we looked at managing change and all the things that will be different when you go to Year 6.**

We looked at some ways of managing that change and encouraged you to have a great first day.

It is going to be a great time to try new things.



# Here is Matthew Burton to introduce today's session:



If you are reading alongside these sessions, then you can read up to page 56.

# Have you ever felt lost?

Sometimes we all feel lost and it might be during the following situations:

- Moving schools
- Moving home
- Going to a new club
- Playing a new sport
- Trying a new skill or task
- Solving a problem





Starting a new year group can make you feel a bit lost **BUT** remember that you are **NOT ALONE.**



**We can often have fears of being lost and that is okay.**

# You don't need to worry about being lost and here is why!

1. You usually have an older student as your guide on the first few days, as well as a map.
2. You will be shown where to go and probably dropped off in the next place.
3. Everyone else in your form class will be feeling the same.
4. Your tutor is there to help you.
5. Most schools provide maps and walk you round the school so that you know where to go.
6. For the first day, or more, you and your class are usually all together in one place anyway.
7. Some schools just have a few year groups in at the start so that it is quieter.
8. You can ask someone bigger where to go – they will want to help.
9. Some schools have older students who are specifically there to help.
10. Schools are full of staff who want to help you – ask them!

**Being physically lost is more obvious, but sometimes we can also feel emotionally lost. These are some of the signs:**

Missing what you  
know

Not interested in  
hobbies

Unable to  
concentrate



Wishing things  
were the same as  
before

Lack motivation

Feeling numb

Feeling  
hopeless

Feeling  
helpless

## If you are worried then sometimes you can experience:

Feeling sick

Feeling tired or  
having no energy

Trouble sleeping

Feeling tense

Feeling anxious

Having a  
headache

Not feeling  
hungry





**We all have times when we feel a bit strange because everything is different. This is a normal part of going through change and it does pass.**



Remember when Matthew Syed talked about a ‘growth mindset’?  
Now is the time to remind yourself of that!

In your workbook, change the statements on the left so that they are positive and hopeful. Your brain sometimes tells you negative things that are not based on fact. Your job is to tell your brain that there is another way to think and that it is wrong sometimes!

**Statement****Transform it!**

I won't ever fit in.

This is not true – I will find people who are like me; I just need to find them!

I will always be lost.

I can't do these subjects.

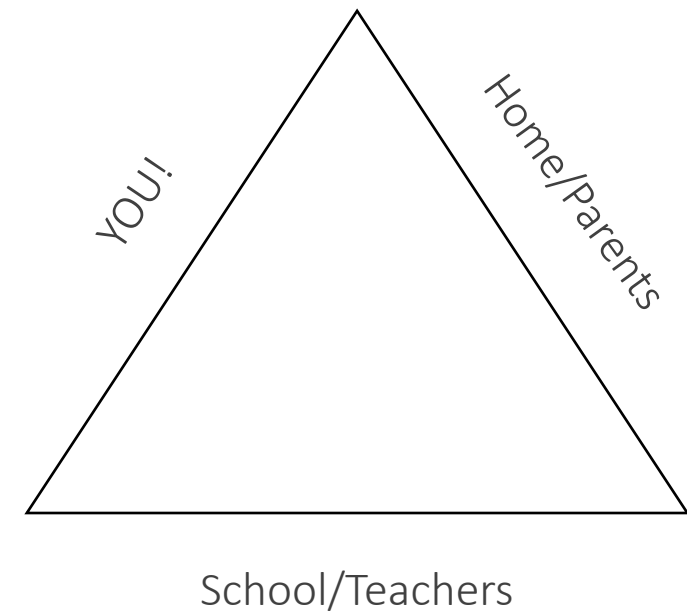
I miss Year 5.

One of your own:

# This is the Triangle of Trust

- Write down who is in your Triangle of Trust. Put their names on the triangle in your workbook.
- Who can you talk to about different things?
- What three things make you feel happy and good?
- Where is your safe place to just relax?

Mr Burton's Triangle of Trust:



# Gemma can help us navigate some of these feelings too.



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