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Session 9

Living well

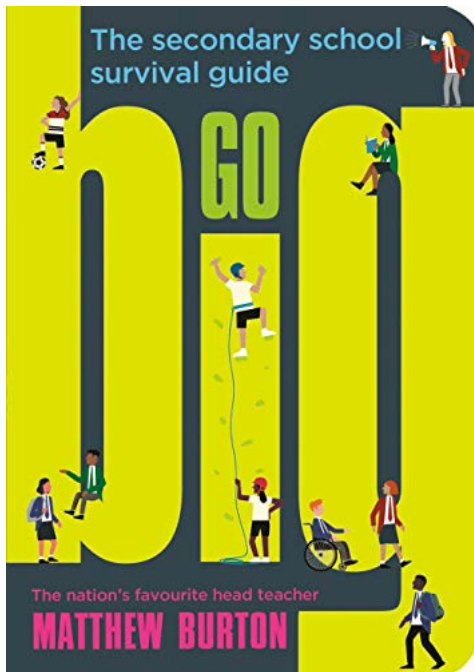


Welcome to Session 9 – our very last session together. Last time, we looked at ‘friendships and fallouts’.

We looked at the kind of friends you want and the kind of friend you want to be.

We explored the idea that sometimes friendships change and that is OK, BUT also that we should always act with kindness in each circumstance.

Here is Matthew Burton one last time to explain how he thinks you can live well as you start Year 6.



Read from page 117 to the end, if you have a copy of 'Go Big'.

You can't function well at school, or in life, if you don't look after yourself and 'live well'.

It is important that you have a healthy body and mind to cope with the transition of starting a new class.



There are lots of different ways you can live well

- Switching off from technology
- Being kind to yourself and others
- Getting enough sleep
- Being patient
- Keeping fit and staying healthy



If you have a phone now, use it wisely

**Put it away.
Turn it off.**



- Try to limit your screen time so you can perform your best in and out of school.
- If you are doing homework, turn your phone off or put it away somewhere so that it doesn't distract you.
- Try to have time away from your phone and technology each day.
- Be very careful what you look at and what you send to others.

Sleep is so important for you to stay well



It will help you:

- Feel good
- Concentrate
- Learn better
- Improve your memory
- Stay fit and healthy.

Be kind to yourself and others

If you wouldn't say something to someone in person then don't write it down.

Just be kind, be sensible and talk.



**“Try to be a
rainbow in
someone’s
cloud.”**

Maya Angelou

American singer, dance, actor,
writer, poet and activist

Be patient and keep the faith

- Give new things a chance.
- Don't give up.
- Embrace new opportunities.

Be patient and keep the faith

The connections you make, and the questions you ask in those subjects, are more important than any others. If your starting point in the subjects you don't like is behind where it is in your favourite subjects, then you'll have to try even harder to make more progress and get where you're going. You can either look at that as something to be afraid of or something to challenge yourself with.

“Fear is just an emotion, you can’t let your emotions rule your life...you just have to do what you would do if you weren’t afraid and then go from there.”

Venus Williams
American tennis player

Spend your time in Year 6 being the best version of you.

Spend time finding your way and make the mistakes you need to (and will) make to learn to be even better.

Activity: Keeping yourself well

Write down three things that you are going to do when starting your new class, to help you stay well.



“Success isn’t always about greatness. It’s about consistency. Consistent hard work leads to success. Greatness will come.”

Dwayne ‘The Rock’ Johnson

American-Canadian actor, producer and former professional writer

Here is the very final video from Gemma.



So our journey is now over. We have taken you through nine sessions to try and help you be ready for Year 6 and to be awesome.

Now it is up to you! You are the one in the driving seat, deciding how you are going to live your life and make this transition.

Have a look through your workbook: have you completed all of the activities?

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