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# Workbook

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# Session 1

## Being awesome

**TASK:** Is there anything holding you back?

Worried you can't do things

Feeling embarrassed

You find it hard to focus

Scared of hard work

Feeling stressed or anxious

Fear of looking foolish

Scared of taking risks



**TASK:** Write down what you can learn from your primary school experience ahead of going to secondary school.

- How did you handle things when they went wrong?
  
  
  
  
  
  
  
  
  
  
- How did you react when you got stuck?
  
  
  
  
  
  
  
  
  
  
- Think about a time when you showed a 'kid awesome' attitude. Write about it here:
  
  
  
  
  
  
  
  
  
  
- Write down the kind of person you want to be at secondary school.

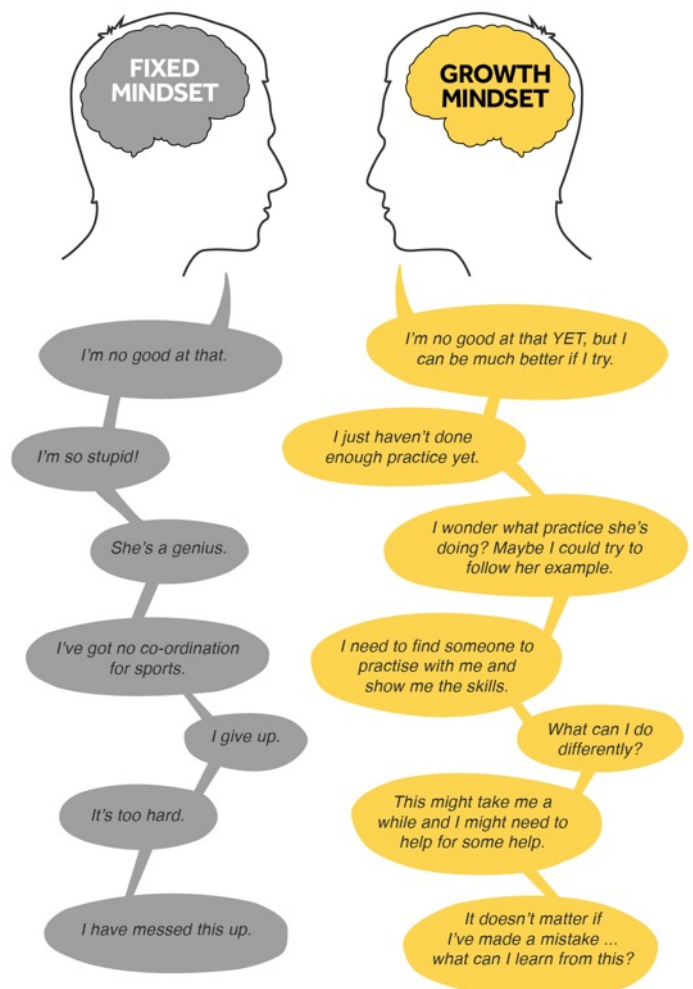
# Session 2

## Unlocking your mind

**TASK:**

- Look at these two people, each with a different mindset.

- Which mindset are you and why?
- Does it change depending on different situations in your life?
- Are you someone who thinks that you are just born intelligent?



## The Worry Jar

- What are the things you tend to worry about which might stop you from trying something new or hard?
- Write them down on strips of paper (or you can write them down in your booklet).
- Put those strips of paper in a worry jar – any jam jar or a pot will do.
- In a week's time, look at the strips of paper again (maybe with a parent or sibling) and see if the worries still apply.
- Throw away the ones that don't.
- Take a look at the ones that are still worrying you. Is there someone you can talk to about these?



## Use this time before Year 7 to have a go at things.

### TASK:

- Identify three things that you say you 'can't do'. Write them down.

- 1.
- 2.
- 3.

- Now write each thing down using a growth mindset approach. For example, 'I can't do maths' turns into, 'I am going to practise the things in maths that I can't do yet'.

- 1.
- 2.
- 3.

- Think of something you've always wanted to get better at. Write it down. How could you practise that thing now?

