

ARE YOU MOVING TO A NEW CLASS OR SCHOOL? HERE'S HOW YOU COULD MANAGE THE WORRIES

Moving to a new class or school will bring lots of changes which can mean you might feel a mixture of emotions including excitement, worry and nerves. Following the tips below will help you think about and work through the worries you might have.

Notice the worry.

What are you worried about?

Write the worry down.



Can you do anything about the worry?

yes

NO

Make a plan!

- 1 What could you do to solve the problem? Write down all the options.
- 2 Choose the best solution.
- 3 Decide when you will do it and who will help you.
- 4 Do it! How did it go?

Throw the worry away.

Try to let the worry go from your mind by doing something that helps you relax.



Read a book



Listen to music



Play a game



Do a puzzle



Do some exercise

Remember to talk to someone you trust if you feel you can't manage your worries.

