

## Section 1: Exploring attitudes and feelings towards change

**This section of the toolkit explores young peoples' attitudes towards change and their feelings about this upcoming transition to post-primary school**

**The activities and resources will help young people have the space to explore what the change will mean for them and the feelings that might accompany this change.**

### **Activity: What is mental health?**

We know that our mental health can change over time depending on personal factors such as coping skills or self-esteem, as well as external factors such as what is happening with family, friends and school.

Consider some of the following:

- Arguments with friends
- Spending time outdoors
- School tests
- Doing things we enjoy - sport, art, video games, hobbies
- Quality time with friends, family, pets.

Mention some of these points and ask young people for feedback on whether they can make them feel good or bad. Describe how some things can make us feel good and move us closer to the 'good mental health' end of the scale, and how others make us feel bad and may move us

closer to the 'poor mental health' end of the scale.

Invite them to consider what happens when there are more things going on in our lives that make us feel good than bad. You can use this to highlight how our mental health can change depending on what's going on in our lives.

You can also use this analogy to highlight how it is important to do the things that make us feel good and enjoy life.

### **Discussion: Seasons changing**

The seasons change all the time. Without this change, crops and grass would not be able to grow and wildlife would not be able to survive. When we experience changes in life, they can help us to grow too.

From the discussion point: *like the change in seasons, life changes are normal* guide a conversation with young people around the fact that change is a normal part of life. You can use the changing seasons image to assist with the discussion.

### **Animation: School transitions: part 1**

[School transitions part 1](#) is the first of a three-part series that describes the experience of young people as they prepare for the transition from primary to post-primary school and the experiences they have along the way.

Watch part one with your class and use the associated worksheet to explore some

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of the feelings the characters experience as they prepare for the change from primary to post-primary school.

**Worksheet: Identifying feelings**

Ask students for feedback on the answers they have given in the worksheet. You can use prompt questions, such as:

- Did all of the characters feel the same way?
- What did you notice about each character's experience?

It is important to highlight that the characters may have mixed feelings during this new beginning and that is OK.

Everyone experiences change differently. Young people may have a variety of different feelings about these changes.



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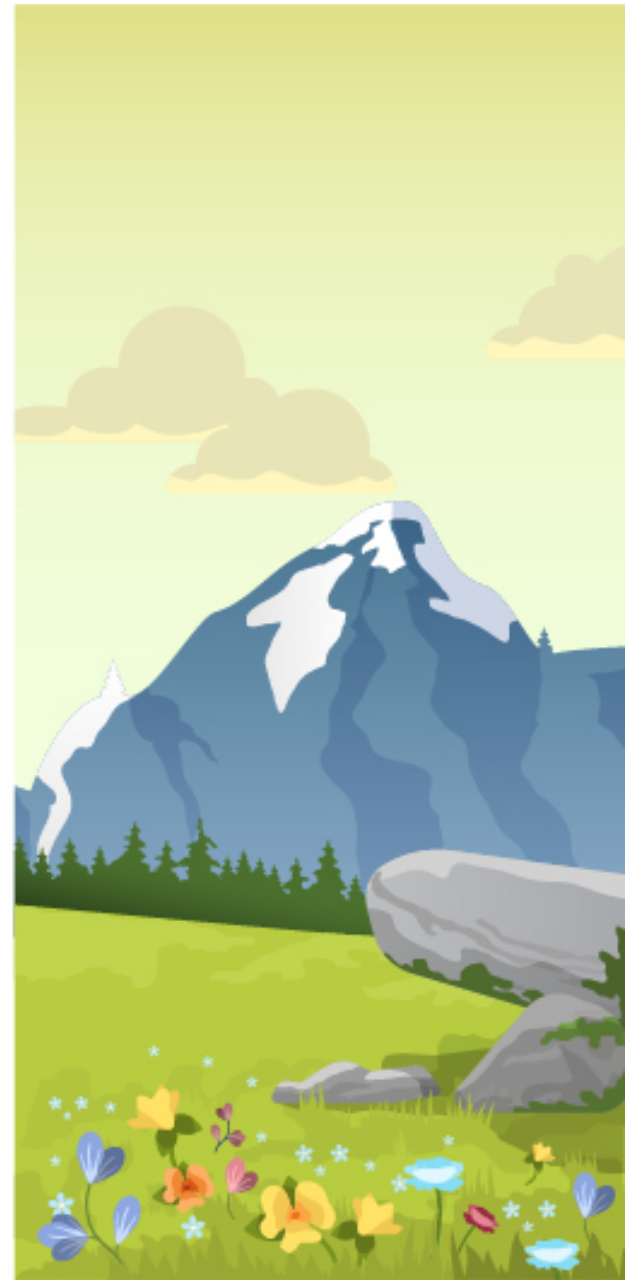
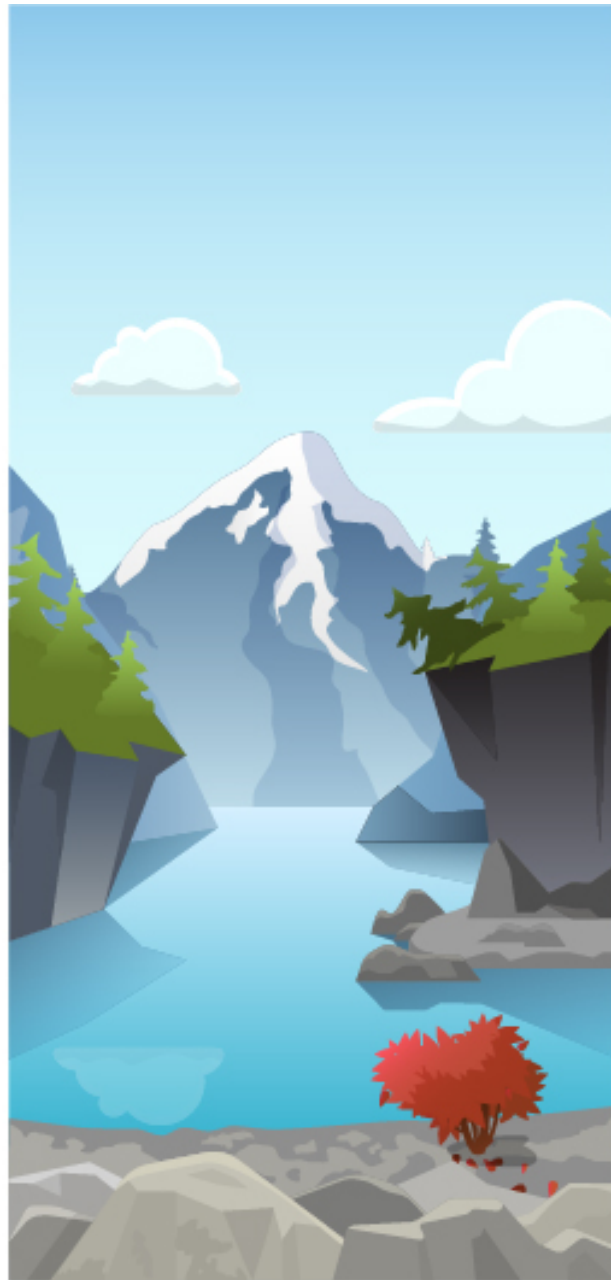




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# Identifying feelings worksheet

## How did Blessing feel?

Write down all the feelings you think she experienced. Use the list on the right to help you.

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## How did Eoin feel?

Write down all the feelings you think he experienced. Use the list on the right to help you.

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## How did Jamie feel?

Write down all the feelings you think she experienced. Use the list on the right to help you.

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## Feelings bank

angry  
annoyed  
anxious  
ashamed  
awkward  
brave  
calm  
cheerful  
chill  
confused  
distracted  
embarrassed  
excited  
friendly  
frustrated  
happy  
hopeful  
jealous  
lonely  
loved  
nervous  
scared  
sad  
thoughtful  
tired  
uncomfortable  
unsure  
worried  
other

