



# PARENT AND TEACHER INFORMATION SHEET



## Supporting a child's transition to secondary school

### Using CBT-based worksheets to build confidence and resilience

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#### Why CBT?

Cognitive Behavioural Therapy (CBT) is a practical, evidence-based approach that helps children manage worries, build confidence, and understand how their thoughts, feelings, and behaviours are connected.

These worksheets are designed to:

- Make emotional challenges more understandable
- Teach simple strategies to manage anxiety and change
- Empower your child with tools to approach new situations with resilience.



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## My Thoughts, My Superpower

What it does: Helps children identify unhelpful thoughts about secondary school and replace them with more helpful ones.

How to support: Encourage your child to share their thoughts.

Avoid saying “don’t worry”, instead, help them explore what might go well.

## 2. Fact or Feeling?

What it does: Teaches children to tell the difference between thoughts, feelings, and facts.

How to support: Gently challenge extreme or negative thoughts.

For example, if your child says “no one will like me,” ask, “What makes you think that? Has that happened before?”

## 3. The Feeling Rollercoaster

What it does: Encourages children to recognise the ups and downs of their emotions, especially during big life changes.

How to support: Normalise emotional ups and downs. Share your own stories of nervous first days to show that feeling unsure is okay.

## 4. Worry Buster Plan

What it does: Teaches practical tools to manage specific worries using problem-solving and calming strategies.

How to support: Help your child decide whether a worry is something they can control. Then brainstorm possible actions together or use calming techniques like deep breathing or drawing.

## 5. Positive Me Passport

What it does: Builds self-esteem and prepares your child for their first days at secondary school with pride and confidence.

How to support: Celebrate your child’s strengths and help them reflect on past achievements. Role-play first-day scenarios to boost confidence.



Here are some ways you can support your child during this transition:

Listen first: let them express their worries without jumping in to fix them.

Validate their feelings: say “It’s okay to feel nervous” instead of “You’ll be fine.”

Problem solve together: use the worksheets as a springboard to make small plans or talk about “what if” scenarios.

Encourage independence: involve them in organising their bag, using a planner, or learning their new route to school.

Reassure, don’t rescue: confidence comes from doing hard things, not avoiding them.

Additional tips:

Visit the new school if possible over the summer. A walk past or a virtual tour can reduce anxiety.

Create routines a few weeks before term starts (bedtime, alarms, packed lunches).

Practice problem solving in everyday situations (e.g., “What would you do if you lost your timetable?”)

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