

Thrive 365

Dragonfly: Impact Education



Did you know?

The definition of 'transition' is 'the process of changing from one state to another'.

September is traditionally a time of transitions for schools as teachers and pupils adjust to new classes, some students adjust to new schools and we all adjust to new learning and new routines. Other shifts can happen at any time - for example changes in friendship groups or family circumstances.

It's important to keep in mind that all periods of change in a person's life can cause feelings of stress, anxiety and bring up emotions that children may need support identifying and navigating.

1 Empower them

When something changes, it's the unknown that can cause anxiety. Making lists can help with this - create a list of all the unknowns. Then consider ways in which you could find out some answers - is there information on the website? Who could they ask? Has anyone been there/done this before? This gives a sense of control over those unknown elements.

You can also encourage them to make lists of things they need to remember and perhaps practice new skills that they need - even things as simple as packing equipment into their bags quickly!

2 Ask questions

Anxiety surrounding change can come with a lot of 'what ifs...' Having ideas about how to respond to situations will lessen the worry and build confidence, so explore the what ifs and think of what actions you could take for each one.

For example, 'What if...I get lost?' - think about actions that could be taken if this does happen - who could they ask for help etc? This works best if the person with the worries comes up with their own solutions - with a bit of gentle prompting if necessary!

3 Offer reassurance

It can be helpful to keep as many other things the same as possible, so things like regular meals times, limited phone time and bedtimes form a comfortable routine that limit the impact of other changes.

It's also reassuring if you simply listen to how they feel and give examples of when you've felt a similar way. This allows you to show them that their feelings are normal, that you are listening and taking them seriously. It also lets you give them words to label the feelings and explain what you did to deal with tricky times.

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