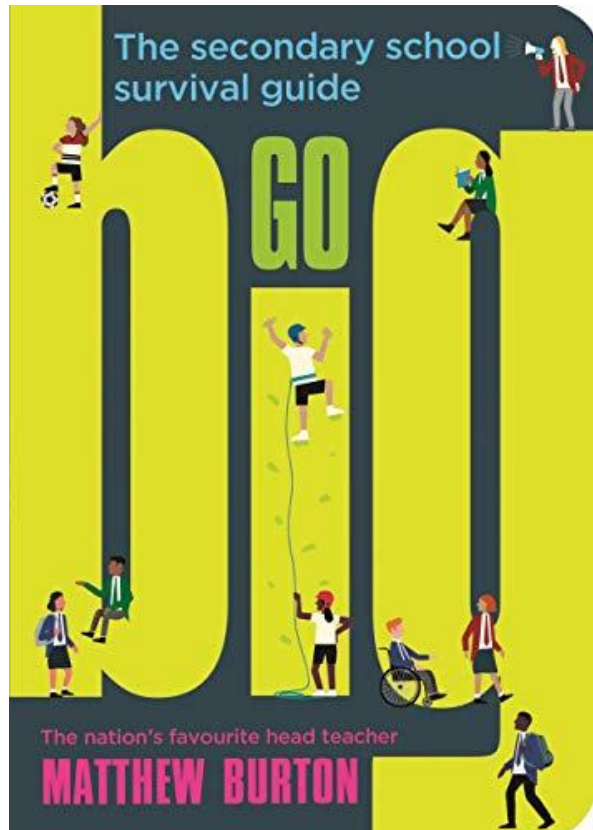




Session 2

**Lost but not lost -
unlocking the mind**

Here is Matthew Burton to introduce today's session:



This will say Session 5 but it IS the right video!

Have you ever felt lost?

Sometimes we all feel lost and it might be during the following situations:

- Moving schools
- Moving home
- Going to a new club
- Playing a new sport
- Trying a new skill or task
- Solving a problem



Starting a new school can make you feel a bit lost **BUT remember that you are NOT ALONE.**



We can often have fears of being lost and that is okay.

You don't need to worry about being lost and here is why!

1. You usually have an older student as your guide on the first few days, as well as a map.
2. You will be shown where to go and probably dropped off in the next place.
3. Everyone else in your form class will be feeling the same.
4. Your tutor is there to help you.
5. Most schools provide maps and walk you round the school so that you know where to go.
6. For the first day, or more, you and your class are usually all together in one place anyway.
7. Some schools just have a few year groups in at the start so that it is quieter.
8. You can ask someone bigger where to go – they will want to help.
9. Some schools have older students who are specifically there to help.
10. Schools are full of staff who want to help you – ask them!

Being physically lost is more obvious, but sometimes we can also feel emotionally lost. These are some of the signs:

Missing what you
know

Not interested in
hobbies

Unable to
concentrate



Wishing things
were the same as
before

Lack motivation

Feeling numb

Feeling
hopeless

Feeling
helpless

If you are worried then sometimes you can experience:

Feeling sick

Feeling tired or
having no energy

Trouble sleeping

Feeling tense

Feeling anxious

Having a
headache

Not feeling
hungry

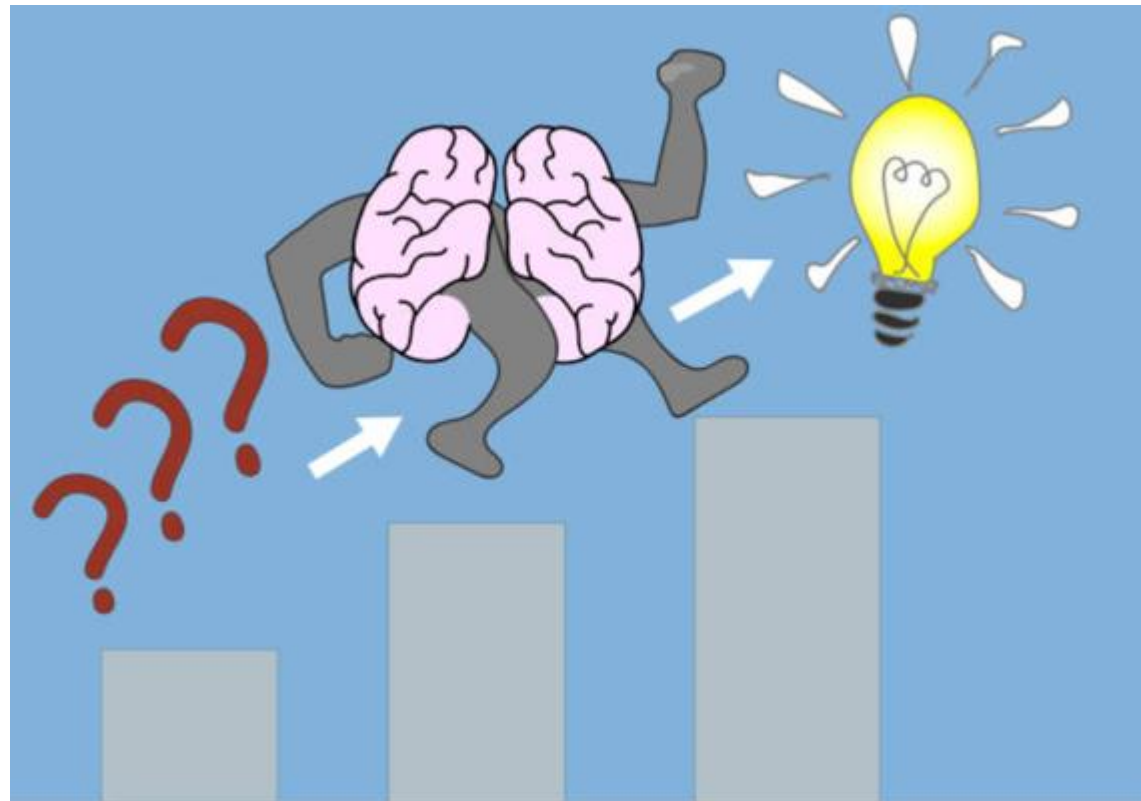


We all have times when we feel a bit strange because everything is different. This is a normal part of going through change and it does pass.



Carol Dweck, a famous psychologist, says there are two types of mindsets:

**Fixed
Mindset**



**Growth
Mindset**

Here is Matthew to introduce GROWTH MINDSET:



People who struggle might think it will always be this way, and people who don't struggle assume that they are intelligent for life. They are both wrong!

People with a fixed mindset say some of these things...

We are all rubbish at maths in our family.

I have always been bright.

My memory has always been bad;
I can't remember things.

I am not very confident.

I don't have the co-ordination for sport.

Hard work is for other people; I am a natural.

People with a **GROWTH** mindset say some of these things...

I am not able to do this... YET!

If I put more effort in, I will get better.

Feedback will help me to get better.

I welcome new challenges.

I sometimes make mistakes and that is good because I can learn from them and get even better.

I can improve in this area, if I practise.

At secondary school, you will...

- Do subjects you have never done before
- Be asked to work in ways that are new
- Work with people who are different to you
- Find work challenging because it is a new key stage
- Find that you have forgotten a lot because you haven't been in school for a while
- Be with people who you think are more clever than you
- Be with people who you think are perhaps not as clever as you.

What will your brain say when you face these things?

Will it say 'I can't do it', 'I won't ever be able to do it' OR will it say, 'I am going to try hard, practise and not give up'?

TASK

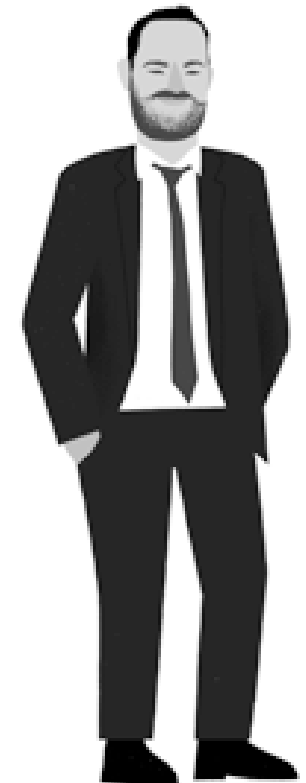
In your workbook, change the statements on the left so that they are positive and hopeful. Your brain sometimes tells you negative things that are not based on fact. Your job is to tell your brain that there is another way to think and that it is wrong sometimes!

Statement	Transform it!
I won't ever fit in.	This is not true – I will find people who are like me; I just need to find them!
I will always be lost.	
I can't do these subjects.	
I won't make friends like I had in Year 6.	
I miss my primary school.	
One of your own:	

Matthew suggests some ways to help when you feel both kinds of 'lost' – emotionally and physically!

Read pg 37 – 45 for more background on getting lost!

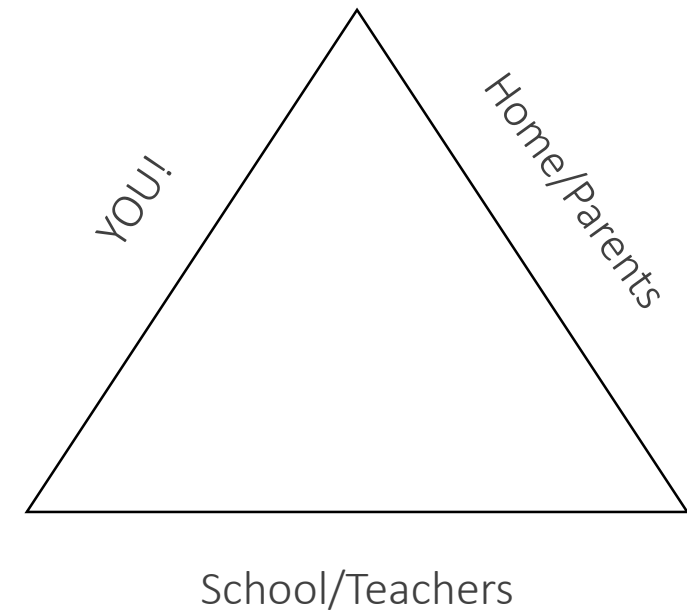
1. Ask your way around.
2. Accept help and find your 'go-to' person – someone you feel able to go to if you have questions or concerns. Your tutor might be that person.
3. Be honest – tell people how you feel.
4. Do your research – work out where things are.
5. Make sure you have your Triangle of Trust (more in a moment).
6. Don't look back – focus on this new world.



This is the Triangle of Trust

- Write down who is in your Triangle of Trust. Put their names on the triangle in your workbook.
- Who can you talk to about different things?
- What three things make you feel happy and good?
- Where is your safe place to just relax?

Mr Burton's Triangle of Trust:



Starting anything new is both exciting and a bit scary BUT it is worth it because being at secondary school is going to build on all of the great things you have experienced at primary school. It is the time when you are going to work out what kind of person you want to be and the kind of things you like.

Soon you will be in a routine and everything will become familiar. That 'new Year 7' feeling doesn't last very long.

After a week, you will start to feel at home.

Now start to let yourself feel excited!



Secondary school will be great because you meet loads of new people.

That means there will be more room to swim and more fish to jump around with!

Gemma can help us navigate some of these feelings too.

