

Transition Resource Package

A Toolkit for Families

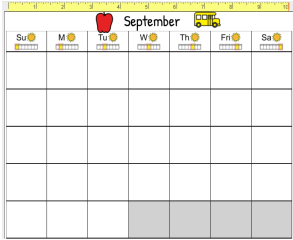
Created by the HCDSB CYC Department

Transition Strategies and Resources

~ Good for ALL

Primary Division (Grades 1 – 3)

Transition to a New Grade



In September, when summer is over, it will be time to begin the next school year!



When it is time to go back to school, I will be going into a new class with a new teacher.



In my new class, I will make new friends. Some of my friends from my previous class may not be with me. It's okay to feel a little sad. There might be new friends for me to meet too. It's okay to move on.



Some of the things will be the same next year. I will still get to visit some of the same places (the library, gym), and I will still see some of the same teachers and friends from last year (in the hallways, outside at recess).



There will be changes happening now that I am in a new grade. It can be scary to meet a new teacher and new friends. It can be scary to be in a new classroom.

My teachers will make sure that I understand everything new and that I am okay.

CHANGE is okay!



It's okay to be a little nervous. It's okay to move on. Soon everything will not be so new and I will be happy and comfortable!

List of Books

These books were handpicked to help support your child in understanding, embracing, and coping with their many emotions!

- ✓ **"When Sadness is At Your Door"** - Coping with Feeling Sad
- ✓ **"The Invisible String"** - All About Relationships
- ✓ **"Listening to My Body"** - Understanding Our Emotions
- ✓ **"When Sophie Gets Angry, Really, Really Angry"** - Coping with Anger
- ✓ **"The Feelings Book"** - Understanding We All Have Feelings
- ✓ **"In My Heart"** - Understanding All of Our Own Emotions
- ✓ **"The Way I Feel"** - Understanding Emotions
- ✓ **"The Rabbit Listened"** - Coping with Big and Little Losses
- ✓ **"The Peace Book"** - Building A Peaceful World
- ✓ **"I Like Myself"** - Promoting Self-Esteem
- ✓ **"Maybe Tomorrow?"** - Coping with Sadness
- ✓ **"Have You Filled a Bucket Today?"** - Teaching Kindness and Empathy



Good Website for Kids Books & Parenting Books:
<https://bookriot.com/2019/04/25/childrens-books-about-emotions/>

YouTube Clips

We also gathered a handful of YouTube links that can support your child around relaxation, coping skills and mood boosting.

Click on the links below and they will take you straight to the YouTube channel!

A - Z for Coping Skills

<https://youtu.be/5EXpkVw3fh0>



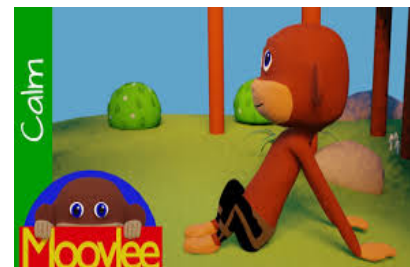
Bring It Down - Calming Technique

https://youtu.be/bRklLioT_NA



Calming Exercise for Kids
Moving & Breathing

https://youtu.be/cyvuaL_2avY



Cute Baby Animals

<https://youtu.be/ZEOTMN8ZwyE>



Rainbow Breathing, Go Noodle

<https://youtu.be/O29e4rRMrV4>



Mrs. Pipes Pad, Feelings Book & More

<https://youtu.be/3qSpkTz9wFk>



Relaxing Nature Pictures and Music

<https://youtu.be/qfZKK7K52uQ>

How to Solve a Problem!

IT'S YOUR CHOICE!

- *Go to Another Game*
- *Talk it Out*
- *Share and Take Turns*
- *Ignore It*
- *Walk Away*
- *Tell Them to Stop*
- *Apologize*
- *Make a Deal*
- *Wait and Cool Off*



All About Feelings...

<ul style="list-style-type: none"> • Explosive • Irritated • Angry • Mad 	 <p>ANGER</p>	<ol style="list-style-type: none"> 1. Take 10 deep breaths 2. Do 10 star jumps 3. Count to 20 slowly
<ul style="list-style-type: none"> • Sad • Lonely • Homesick • Quiet 	 <p>SADNESS</p>	<ol style="list-style-type: none"> 1. Talk to someone you trust 2. Do something fun 3. Be with your friends
<ul style="list-style-type: none"> • Scared • Nervous • Worried • Anxious 	 <p>FEAR</p>	<ol style="list-style-type: none"> 1. Identify how you feel 2. Can someone help? 3. Think about happy things
<ul style="list-style-type: none"> • Happy • Glad • Joyful • Excited 	 <p>JOY</p>	<ol style="list-style-type: none"> 1. Help your friends 2. Be kind to others 3. Enjoy yourself

Feelings Thermometer



1. Using the thermometer, color the thermometer in red to show how you feel when nobody wants to play with you.
2. List 3 feeling words to show how you feel.

3. Identify 3 things you could do that would make you feel better.

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