

START ▶



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Portfolio (separate document)



HELLO!

Can you remember learning to ride a bike, or playing a new instrument for the first time? Perhaps you can even remember your first day in primary school. Life is full of changes that may seem difficult at first, but eventually become second nature. Shifting from primary school to secondary school is a lot like that too - tricky at first then easier and easier.

WHAT IS START?

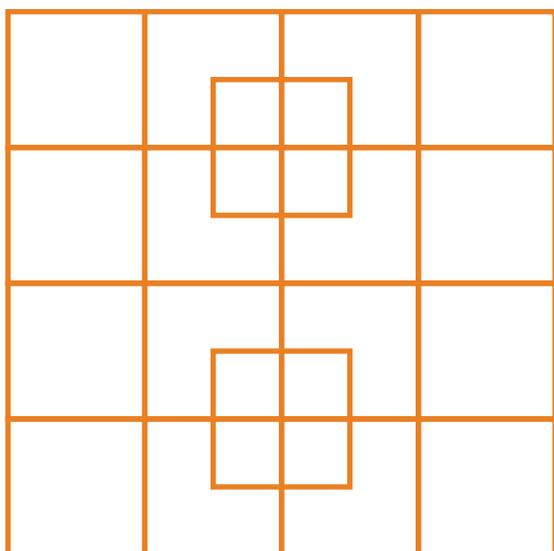
START stands for **S**tudent **T**ransition and **R**esilience **T**raining. This workbook is part of the START resource that will give you skills to have a positive and successful first year of secondary school.

It is divided into eight sections, each with a bunch of activities, plus some introductory activities to get you started. Each section is about a different aspect of you. Some activities have handouts that you can read and/or fill in. Once these handouts are completed, they can be added to this workbook.

START ENCOURAGES YOU TO HAVE A GO

Before we get into all of that, here is a quick challenge.

How many squares are there?



You see. Part of shifting from primary school to secondary school is about learning to try new things.

START FOCUSES ON STRENGTHS



Imagine you have a battery that is 85% charged. You have a choice: you can focus on the 15% of charge that is already used up and worry about it a bit; or you can think about how you can use the 85% of charge that is there.

It is better to focus on what works for you and what your strengths are rather than spending time worrying about things that aren't there. Throughout START ask yourself, "What works best for me?"

HELP OR ADVICE

If you are concerned about yourself or anyone you know, please get in touch with one of the following:

The School Counsellor or one of your teachers :

Kids Helpline

1800 55 1800

www.kidshelp.com.au

Headspace

1800 650 890

www.headspace.org.au

Life Line

13 11 14

www.lifeline.org.au

Beyond Blue

1300 22 4636

www.beyondblue.org.au