

What is NUA:Move?

MOVE is a free resource to help young people progress from Primary to Secondary School. Over three short films join Sarah, Mark and Darren as they help us think about this exciting next step through the key themes, emotions, foundations and growth.

Step by Step Guide:

The NUA:Move video episodes are accompanied by supporting resources which encourage the young people to discuss and reflect on the resource themes. Each video is accompanied by an icebreaker activity to introduce the theme and discussion questions to encourage class participation. Following discussion or even as an alternative you can use the Journal printouts for personal reflection for each episode or a combined version for the end.

Sample Session Plans

Episode One - Emotions

This episode explores different feelings about the coming move from primary to secondary school and reminds pupils that their emotions are valid. The presenters share stories about challenging experiences and encourage pupils to reflect on who they could ask for support when needed. It includes:

Intro & Game (*Ice-breaker*)
Would you rather - on the PPT

Watch Episode 1 - 6mins
The link is in the video links PDF

Discussion
Questions on the PPT - The discussion will hopefully show that there is lots to be excited about and also that many people are feeling a bit nervous, and that's OK! You can highlight specific people the pupils can look to for support in your context.

Or Journal Time
Printable PDF found in the Digital Pack

Episode Two - Foundations

This episode explores the influences pupils have around them as they make decisions about their future. The presenters discuss the foundations to their identity and how the love of friends and family and their faith helped them when they faced pressure to conform.

Intro & Game (*Ice-breaker*)
Draw future me - on the PPT

Watch Episode 1 - 6mins
The link is in the video links PDF

Discussion
Questions on the PPT - The discussion will hopefully highlight the importance of good decision making and the influences that help us make positive decisions.

Or Journal Time
Printable PDF found in the Digital Pack

Episode Three - Growth

This episode explores the wealth of exciting opportunities that the move to secondary school will offer and how these can shape pupils' lives for years to come.

Intro & Game (*Ice-breaker*)
Never Have I Ever - on the PPT

Watch Episode 1 - 6mins
The link is in the video links PDF

Discussion
Questions on the PPT - The discussion will hopefully highlight the opportunity to develop friendships which will last beyond school years and how to develop a positive mind set to change.

Or Journal Time
Printable PDF found in the Digital Pack

TIPS (IF APPLICABLE)

1. We recommend that you & your team watch the episode yourself and familiarise yourself with it.
2. Sound - Good sound is essential, we highly recommend a good set of speakers or a sound system.
3. Have the NUA:Move episode already downloaded on a laptop. Don't rely on wifi for streaming.
4. Often during small group discussion, participants will pose additional tough questions. It may work well to offer an anonymous 'question box' where everyone's questions can be collected and discussed later!