

1. What are you going to miss about Primary School?

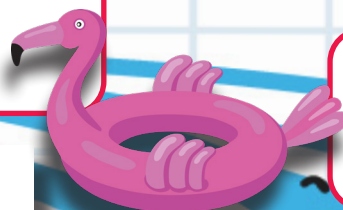
Episode 1
Emotions



"It's really helpful to talk about our feelings, so our worries don't take over."



2. Write down what things you are excited or nervous about moving to Secondary School?



3. Draw or write in the middle of the heart how you are feeling about moving to Secondary School.

4. Around the heart draw or write the names of people that you can go to for help and support.

"Lord, save us! We're going to drown!" Matthew 8:25