

TRANSITION RESOURCES

Catastrophe Scale

As adults, whether teachers, parents or guardians, part of our role is to 'de-catastrophise' and to de-escalate situations for children, rather than getting caught up in the catastrophe cycle.

It is important that children can cope with the small daily things that don't go their way. The catastrophe scale can be used with children so that they can cope with the demands of everyday life rather than viewing them as catastrophes.

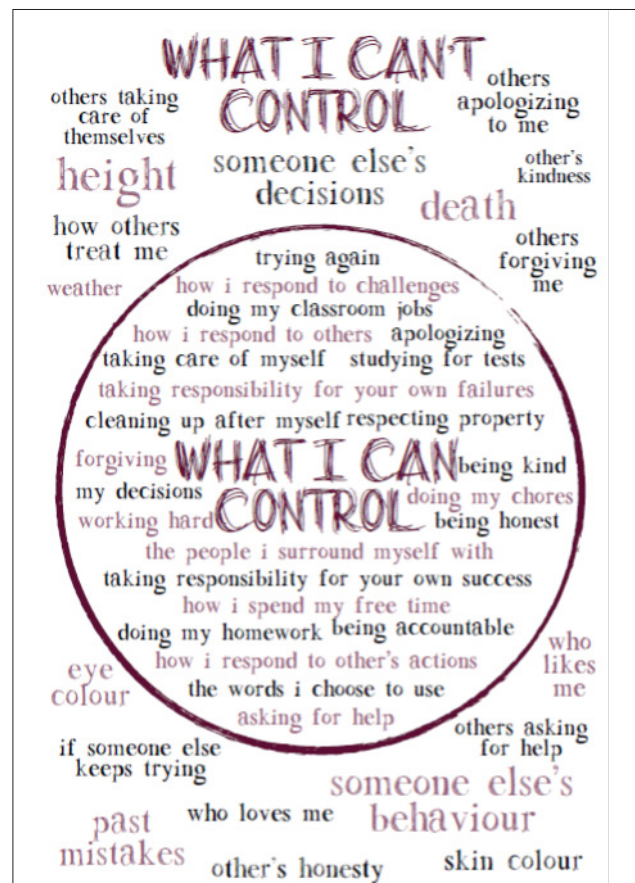
Circles of Control

The concept of Circles of Control is a valuable tool for helping students manage their thoughts, emotions, and actions by distinguishing between what they can control, what they can influence, and what is beyond their control.

Teaching students to recognise these two areas helps them to let go of unnecessary stress and focus on what they can change.

Catastrophe Scale Poster
How Would I Rate My Problem?

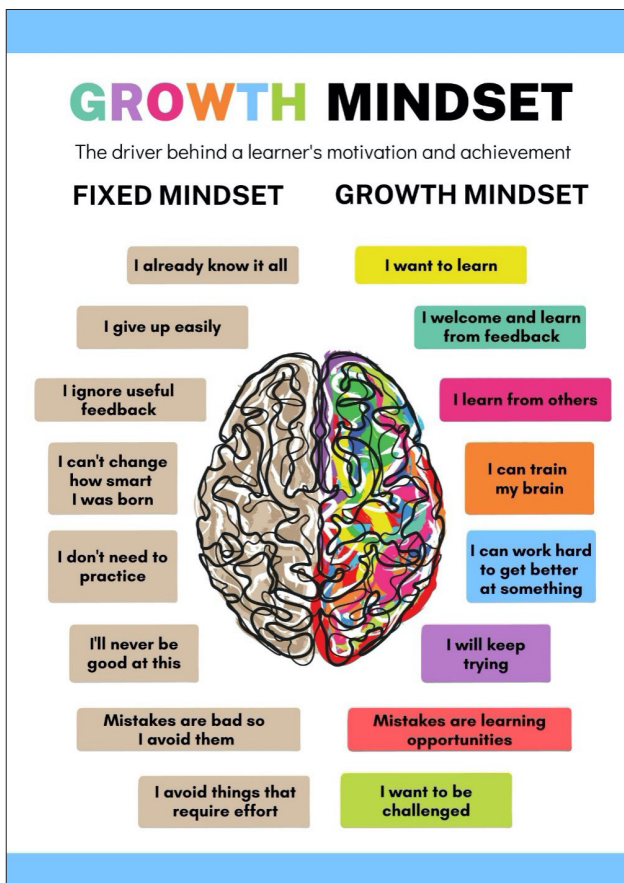
Even though it's challenging, I will get through this. This challenge will make me stronger.	9 - 10 Catastrophe	A natural disaster.
I feel enraged.		An explosion at school.
I am not coping.	8 Huge Problem	A life-threatening emergency at school.
I need help from someone I trust to solve this.		Someone is bullying me.
I will take action and solve this problem!	6 - 7 Big Problem	I'm having a challenging time at home.
I need to talk about it with someone I trust.		I keep having disagreements with my friend.
I can solve this problem myself.	4 - 5 Medium Problem	I'm struggling with school work.
I've forgotten about it and moved on.		I forgot my lunch.
I'm happy.	2 - 3 Small Problem	I lost a game that I usually win.
I'm content.		I am doing my work.
	0-1 No Problem	I am cooperating.



Growth Mindset

A growth mindset is a concept, popularised by psychologist Carol Dweck. This mindset encourages resilience, a love of learning, and a willingness to embrace challenges.

Parents can support the development of a growth mindset by praising effort, normalising mistakes, and modelling a positive attitude toward learning. Cultivating a growth mindset in students is crucial, especially during the transition to high school, as it encourages them to embrace challenges, persist in the face of setbacks, and view effort as a pathway to mastery.



Self-Regulation Strategies for Students

Self-regulation strategies are essential for students as they navigate the challenges of high school, helping them manage their emotions, behaviours, and thoughts to support learning and personal growth.

These strategies equip students with the tools they need to take control of their education and well-being. It's important to recognise that different strategies work for different students. Parents and guardians can play a key role by encouraging their children to explore and adopt the strategies that suit them best. By fostering strong self-regulation skills, parents can help students build the resilience and independence needed to thrive in high school and beyond.







TRANSITION RESOURCES (CONTINUED)

Zones of Regulation

The Zones of Regulation is a framework designed to help students gain skills in the area of self-regulation.

It's a valuable tool that teaches children how to manage their emotions, impulses, and sensory needs to achieve better control over their actions and decisions. The Zones of Regulation divides emotional states into four coloured zones, each representing a different state of alertness and emotional well-being. Once students can identify which zone they are in, they can use strategies they have learned to move toward the green zone. Understanding that it's okay to experience different emotions and that they have the tools to manage these feelings builds resilience in children. They learn that they have control over how they respond to their emotions, which is a crucial life skill.

HOW CAN YOU HELP YOURSELF?

The BLUE Zone	The GREEN Zone	The YELLOW Zone	The RED Zone
			
HOW MIGHT YOU FEEL?	HOW MIGHT YOU FEEL?	HOW MIGHT YOU FEEL?	HOW MIGHT YOU FEEL?
SAD TIRED BORED MOVING SLOWLY	HAPPY OKAY FOCUSSED READY TO LEARN	NERVOUS CONCERNED SILLY NOT READY TO LEARN	ANGRY FRUSTRATED SCARED OUT OF CONTROL
WHAT MIGHT HELP YOU?	WHAT MIGHT HELP YOU?	WHAT MIGHT HELP YOU?	WHAT MIGHT HELP YOU?
TALK TO SOMEONE STRETCH TAKE A BRAIN BREAK STAND TAKE A WALK CLOSE MY EYES	THIS IS THE GOAL! WHAT CAN YOU DO TO GET TO THE GREEN ZONE? HOW CAN YOU BE HAPPY, CALM AND READY TO LEARN?	TALK TO SOMEONE COUNT TO 20 TAKE DEEP BREATHS SQUEEZE SOMETHING DRAW A PICTURE TAKE A BRAIN BREAK	STOP WHAT I AM DOING MAKE SENSIBLE CHOICES TAKE DEEP BREATHS ASK FOR A BREAK FIND A SAFE SPACE ASK FOR HELP

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Homework Tracker

Semester:

Subject	Task	Due	Done

Notes



Weekly Planner

Week of:

Monday

Tuesday

Wednesday

Thursday

Friday

Notes
