

Transition Tasks:

1. Next year, your child will have to be more responsible for things. Work with your child to create an agreement of when they will spend time completing their homework. It might be worth discussing with your child how often they can go on their phone/computer/games console and when they will need to have a break from them. After discussing this with them, create a screen time agreement together that includes when and how often they can use their devices.
2. As your child moves onto secondary school, they will learn many new things and develop new interests. It would be good to encourage your child to work on developing a new skill. This could be something they have always wanted to have a go at, such as cooking or gardening, or could be a new skill that you could explore together, such as learning first aid or DIY around the home. After working on the new skill, your child could write a blog post or make an information poster about the new skill or hobby that they have discovered.
3. To support your child as they grow more independent, it might be useful for them to have a key message/messages that they want to stick by. Your child could create their own brand message or affirmation that they will stick by when they are struggling with something, that will offer emotional support and encouragement as they develop their independence.
4. There are many things that you need to become an independent thinker. Get your child to create or draw an independent flower, plant or tree. On it, they should label all the things that they need to help them to grow their independence. What skills and attributes do they need? Your child could create this as a poster that they could hang up in their room.