

SMOOTH TRANSITIONS

Our Smooth Transitions Program is perfect for grade six students transitioning into high school. It helps these students have a smooth transition as they learn how to prepare for a new routine and enhance independence and resilience.

HOW IT WORKS

The Smooth Transition program focuses on providing students the skills they will need to transition into high school with ease.

During the program students learn how to enhance their independence and develop resilience. They discover ways to navigate through uncertainty, understand how to create their own self-care plan, solve problems as they arise and look at situations differently. Students also explore how to set SMART goals and why they are important, how to manage their time wisely and navigating the world of friendships.

In addition they also explore how to tune in and manage their self-talk and develop a growth mindset.



LEARNING OUTCOMES

- Greater self-awareness, emotional management and the importance of self-care
- Explore skills that focus on social emotional learning including empathy and active listening skills
- Enhance communication skills, verbal and non-verbal
- Develop the understanding and confidence in speaking assertively
- Problem solving skills
- Explore friendship skills and qualities they are looking for in a friend.
- Discover how to set SMART goals and why they are important.

TESTIMONIALS

"I feel more confident about going to high school."

Grade 6 Student



"This program is amazing and will allow the students to ease in to high school and reduce stress and anxiety."

Grade 6 Teacher



"I really enjoyed the activities and I feel more comfortable in solving problems. It was fun."

Grade 6 Student

RECOMMENDED FOR

Primary school students:
Year 6 students
transitioning into high school.



BOOK NOW!

<https://stride.org.au/school-workshop-enquiry-form/>

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