

Tips on Transition:

Talking about transition, particularly in the current climate where we are adjusting to a new normal, may create some anxiety. This coping skills wheel is a visual tool for children to help them with independent management of anxiety and self-care. Activities have been suggested as prompts for your child during moments of difficulty, but we have also left space for children to fill in their own activities which they know support their wellbeing. This may be a great thing to use if children are worrying about transition.

