



Foundation

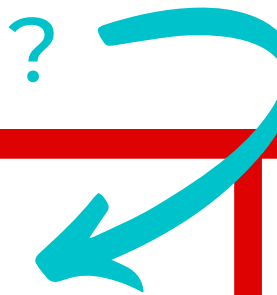


Premier League
Inspires

SUCCESSFUL TRANSITIONS

Everyone gets nervous or anxious for different things. However knowing how to overcome them helps to put you at ease.

What change is happening or going to happen?



Here's an example to get you started!

Starting secondary school or a new school and unsure of how to get there.

Decide how you are going to get there: walk, bike, car or bus. Then run through the route until you feel confident. This can be done with an adult or a friend.



How can you prepare for the change or overcome it?

