**Mental Health and Well-being – Transitions**

**Anna Freud Centre/ Mentally Healthy Schools**

[Click Here](https://www.annafreud.org/media/11610/managing-unexpected-endings-transitions-may2020.pdf) (Managing unexpected endings and transitions - A practical guide to support pupils and students to manage change during periods of disruption)

[Click here](https://mentallyhealthyschools.org.uk/media/2667/primary-transitions-toolkit.pdf)Primary School Transition Toolkit

[Click here](https://mentallyhealthyschools.org.uk/media/2668/secondary-transitions-toolkit.pdf) Secondary School Transition Toolkit

[Click Here](https://www.mentallyhealthyschools.org.uk/risks-and-protective-factors/school-based-risk-factors/transitions/) (A range of advice for parents, carers and education professionals, from the Anna Freud Centre, supporting children through times of transition)

**Young Minds** [Click Here](https://youngminds.org.uk/starting-a-conversation-with-your-child/tips-for-times-of-change-or-difficulty/) ( Top tips for parents and carers on helping their child through times of difficulty and change.) [(Click here to download the top tips poster)](https://youngminds.org.uk/media/1710/top-ten-tips-poster.pdf)

Other resources from Young Minds to support children in times of transition:

[Click Here](https://youngminds.org.uk/resources/school-resources/find-your-feet-transitioning-to-secondary-school/) (Find Your Feet – transitioning to secondary school)

[Click Here](https://youngminds.org.uk/resources/school-resources/find-your-feet-transition-tips-for-parents/) (Find Your Feet – Tips for parents)

[Click Here](https://youngminds.org.uk/resources/school-resources/find-your-feet-transitions-activity-for-year-6-pupils/) (Find Your Feet – Transition Activity for Year 6 Pupils)

[Click Here](https://youngminds.org.uk/resources/school-resources/find-your-feet-transitions-activity-for-year-7-pupils/) (Find Your Feet – Transition Activity for Year 7 Pupils)

[Click Here](https://youngminds.org.uk/resources/school-resources/transition-tips-for-pupils-with-send/) (Find Your Feet – Transition Tips for Pupils with SEND)

[Click Here](https://youngminds.org.uk/resources/school-resources/preparing-your-pupils-for-the-summer-holidays/) (Preparing your children for the Summer Holidays)

[Click Here](https://youngminds.org.uk/resources/school-resources/10-ways-to-celebrate-the-year/) (Ten ways to celebrate the year)

[Click Here](https://youngminds.org.uk/resources/school-resources/celebrating-achievements-lesson-plan/) (Celebrating Achievements)

**Foundation for People with Leaning Difficulties** [Click Here](https://www.mentalhealth.org.uk/sites/default/files/moving-on-top-tips-for-pupils.pdf) (Moving On - Top Tips on moving to secondary school for pupils with SEND) and [Click Here](https://www.mentalhealth.org.uk/sites/default/files/moving-on-top-tips-for-pupils.pdf) for a guide for parents.

**Place2Be** [Click Here](https://www.place2be.org.uk/our-services/parents-and-carers/getting-ready-to-start-secondary-or-high-school/) (Advice for parents and carers in supporting their child on moving to a new school.)

**Partnerships for children** [Click Here](https://www.partnershipforchildren.org.uk/uploads/Files/PDFs/Resilience%20Activities/Change%20and%20Loss%20Activities.pdf) (A range of activities for parents to help their children explore their emotions during times of change and loss.)

**Early Education** - [Click Here](https://www.early-education.org.uk/sites/default/files/Helping%20children%20cope%20with%20change.pdf) (An article with advice for parents and carers of young children on how to support them during times of change.)