be awe some GO big

The PiXL Club Ltd in partnership with Hachette UK

Session 9

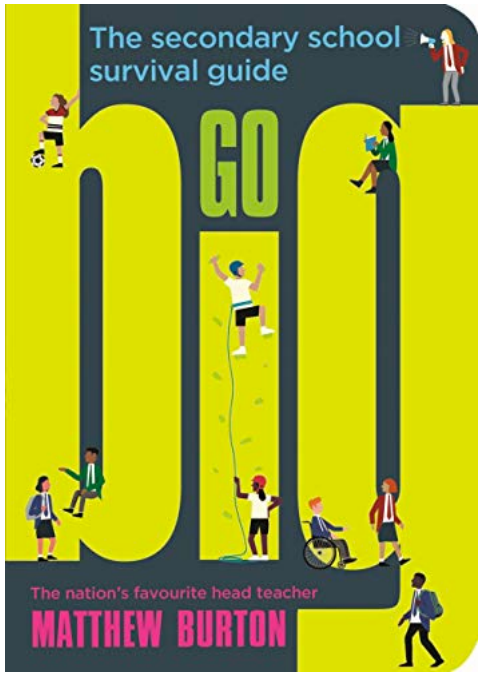
Living well

Welcome to Session 9 – our very last session together. Last time, we looked at ‘friendships and fallouts’.

We looked at the kind of friends you want and the kind of friend you want to be.

We explored the idea that sometimes friendships change and that is OK, BUT also that we should always act with kindness in each circumstance.

Here is Matthew Burton one last time to explain how he thinks you can live well as you start secondary school.



Read from page 117 to the end, if you have a copy of 'Go Big'.

You can’t function well at school, or in life, if you don’t look after yourself and ‘live well’.

It is important that you have a healthy body and mind to cope with the transition of starting a new school.

There are lots of different ways you can live well

- Switching off from technology
- Being kind to yourself and others
- Getting enough sleep
- Being patient
- Keeping fit and staying healthy

If you have a phone now, use it wisely

- Try to limit your screen time so you can perform your best in and out of school.
- If you are doing homework, turn your phone off or put it away somewhere so that it doesn't distract you.
- Try to have time away from your phone and technology each day.
- Be very careful what you look at and what you send to others.

If you are given a mobile phone for the first time, it is worth taking this advice:

"The simple way to do things is to live by this rule: if you wouldn't write the message you're about to send to that person on a T-shirt and go into the local shopping centre wearing it, then don't send it! If you wouldn't want that selfie you're about to send to someone printed on scatter cushions and spread across the sofa in your living room when everyone comes round on a Sunday afternoon then DON'T SEND IT!"

Matthew Burton, 'Go Big'

If you are going to be online more and have a phone now that you're moving to secondary school, then you need to think about this…

"Look after yourself and think about what your actions say about you. Are you proud of that person who's the 'online' you? If so, then brilliant. If not, maybe it's time to make a change."

You get to decide the person you are going to be!

If you feel under pressure to do things that others are asking of you then remember this:

"When something doesn't quite feel right, it usually isn't right and if your 'Spider sense' tingles – remember, great power and great responsibility – then say no, and don't dive in."

Sleep is so important for you to stay well

It will help you:

- Feel good
- Concentrate
- Learn better
- Improve your memory
- Stay fit and healthy.

Be kind to yourself and others

If you wouldn’t say something to someone in person then don’t write it down.

Just be kind, be sensible and talk.

“Try to be a rainbow in someone’s cloud.”

Maya Angelou
American singer, dance, actor, writer, poet and activist

Be patient and keep the faith

- Give new things a chance.
- Don’t give up.
- Embrace new opportunities.

Be patient and keep the faith

The connections you make, and the questions you ask in those subjects, are more important than any others. If your starting point in the subjects you don't like is behind where it is in your favourite subjects, then you'll have to try even harder to make more progress and get where you're going. You can either look at that as something to be afraid of or something to challenge yourself with.

Read more on page 137

“Fear is just an emotion, you can’t let your emotions rule your life…you just have to do what you would do if you weren’t afraid and then go from there.”

Venus Williams
American tennis player

Spend your time at secondary school being the best version of you.

Spend time finding your way and make the mistakes you need to (and will) make to learn to be even better.

Activity: Keeping yourself well

Write down three things that you are going to do when starting your new school to help you stay well.

“Success isn’t always about greatness. It’s about consistency. Consistent hard work leads to success. Greatness will come.”

Dwayne ‘The Rock’ Johnson

American-Canadian actor, producer and former professional writer

Here is the very final video from Gemma.

So our journey is now over. We have taken you through nine sessions to try and help you be ready for secondary school and to be awesome.

Now it is up to you! You are the one in the driving seat, deciding how you are going to live your life and make this transition.

Have a look through your workbook: have you completed all of the activities?

Here are some activities that will help you get ready for secondary school. Why don't you try some of them?

Getting Ready to Go Big

While you are working from home, try and complete AS MANY of these as possible. As you complete the activities, write the date or colour in the box to help you keep track. You can paste any photos/links to your work into a PowerPoint document.

If you or your parents use social media, please share photos of you doing any of the challenges and tag **#BeAwesomeGoBig**

GOOD LUCK!

Write a letter to your future self. You could put it somewhere safe to open in a year's time. What is happening right now? How do you feel about it all? What are your biggest hopes and fears about moving school?	Write a letter to a teacher who has had a positive impact on your life so far. What do you want to thank them for? How have they impacted on your life?	Write your own autobiography. You might include: • When and where you were born • Important events in your life and how they made you into the person you are now • Things you would have done differently, if you had the chance • What your hopes are for the future.	Write down three ways you can be kind to someone this week.	'I am' poem: you will be meeting a lot of new people and friends when starting secondary school. Write an 'I am' poem to introduce yourself. It should be a minimum of 5 lines and a maximum of 10. e.g. I am excited to see my friends I am nervous about the different lessons I am worried about finding my way around I am looking forward to new subjects I am going to take part in sport
Take your first name, or that of a family member/friend and write it vertically on different lines. Complete each line with something positive which starts with the letter given (for example strengths and skills they/you have). This could be one word or ten!	Write a Haiku – a 3-line poem (1st line 5 syllables, 2nd line 7 syllables, 3rd line 5 syllables) on what it means to be kind in school.	Create your own musical instrument using household objects. You could use items from your recycling, dried beans, elastic bands etc. Experiment with different ways you could use the items to create sounds.	Have a conversation with the oldest person you know about their life. This could be a grandparent, friend, aunt or uncle. Before you do, think about the questions you would like to ask, such as: • Tell me about the food you ate. What were your meals like? What were your favourite sweets? • What games did you play? • What was it like being at school? Who was your favourite teacher? Was it strict? Did you have a favourite lesson? Was there a lesson you hated? • What was your favourite book or comic when you were my age?	Make your interview into a radio or television programme. Or, if you prefer, turn it into a magazine article with photos. Send it to the person you interviewed as a memento.
Write down three things you would do if a friend of yours was anxious about starting a new school.	Come up with three questions about the world around you that you would like to ask your new science teacher. For example, why does my cat have stripes?	Watch your favourite film or read your favourite book again. Write a letter to a friend explaining why you think that they should read it.	You will be studying maths at secondary school. Can you identify five times you have used maths in your daily life?	Make your own map of the neighbourhood. Identify key buildings, parks, statues, schools and anything else you can think of/that you notice. Perhaps use contour lines to show the height of different areas.
You'll study science at secondary school and you will need to understand about managing risk. Make a list of hazards involved when cooking dinner.	Create a powerful speech on something you feel passionate about. It might be a local issue, something global or a topic relevant to only you.	Find a recipe and work out the ingredients needed for 30 people.	Write a letter to the reception children starting at your old primary school. Tell them the best things about the school and what they have to look forward to during their time there.	Learn to tie three different types of knots.
Design a flying car of the future, imagining you are living in the year 2300.	Design a new logo for your secondary school.	Turn a favourite song or story into a picture that summarises it.	Write a newspaper article persuading people why it is important to study maths.	Write down three things you would do if you saw someone being unkind.

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Don’t forget to enter our Be Awesome Go Big competition!

Why don’t you write to your new tutor at secondary school and introduce yourself? Tell them what you have learned from doing the ‘Be Awesome, Go Big’ sessions.

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BE AWESOME, GO BIG
CERTIFICATE

Well done for completing your
Be Awesome, Go Big workbook.

We can't wait to see you in September!

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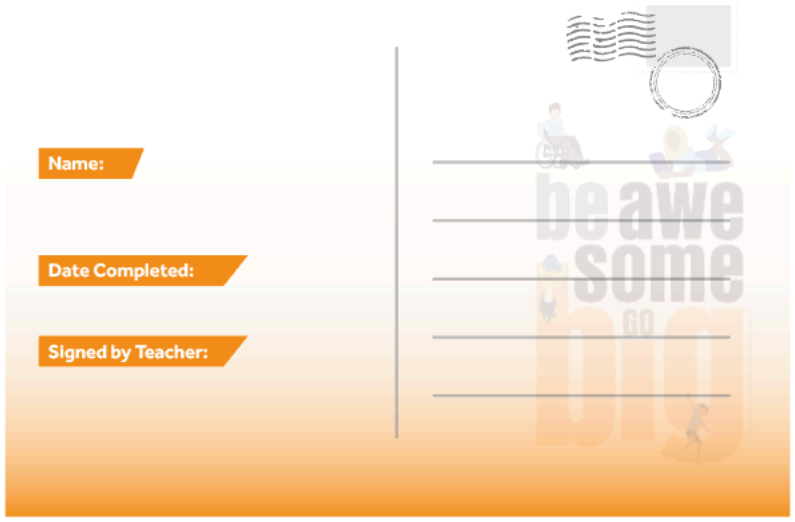
Name:

Date Completed:

Signed by Teacher:

Thank you for joining us on this journey.

Here is someone who wants to wish you good luck!

Go and BE AWESOME as you GO BIG.

Be the kindest, most determined, most resilient generation that your secondary school has ever seen.

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