# Transition Worries

It is very normal to be worried about coming to year 7, this year though it is even harder as you have not been in school for a long time and we know that this will have caused you even more worry than normal. We are here to help you though.

This sheet is to try and help you think about your worries and then think of things you can do to help you or to make those worries seem a little less scary. It also gets you to think about the happy or positive thoughts that you might be feeling about coming to Notre Dame in September. The aim is that you try and have more positive thoughts than the scary ones. Have a go at it and then try again in a week or so and see if your worries become less and less. We are here to help and we are so excited to meet you.

Fill in the happy thoughts box first, then the worries box and then the middle box, as your worries go away, cross them out with a pen or pencil.

| These are my happy thoughts about coming to Notre Dame in September | This is what I can do to help me deal with my worries | These are my worries about coming to Notre Dame in September |
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