

The Big School Bell



# Moving on up

A useful guide to support  
children from Year 3 to Year 5





# Introduction

**Well done! You've made it through a very strange school term. It's been different for everyone, so let's see how it's been for you.**



**Put a tick beside the sentences that are true for you...**

- |  |  |
|--|--|
| <input type="checkbox"/> I did all my schoolwork at home             | <input type="checkbox"/> My mum or dad still went to work                                  |
| <input type="checkbox"/> I missed my friends when I wasn't at school | <input type="checkbox"/> I carried on going to school                                      |
| <input type="checkbox"/> I spoke to my teachers on the computer      | <input type="checkbox"/> I went back to school, but my brothers/sisters stayed at home     |
| <input type="checkbox"/> I missed my teacher                         | <input type="checkbox"/> When I went back to school not everyone was in the same classroom |
| <input type="checkbox"/> I missed running around with my friends     | <input type="checkbox"/> I could wear my own clothes at school                             |
| <input type="checkbox"/> My mum or dad stayed home too               | <input type="checkbox"/> I didn't go back to school  |

**Is there anything else that happened for you while you've been learning from home? Write those things down here.**

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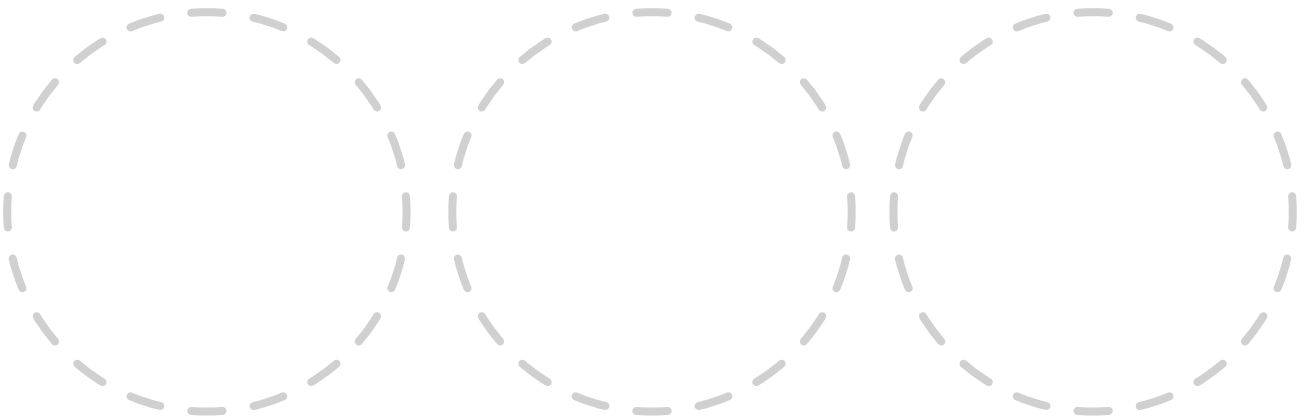
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# How am I feeling?

**All these changes can make us feel happy, sad, scared, angry or confused – and that's okay!**

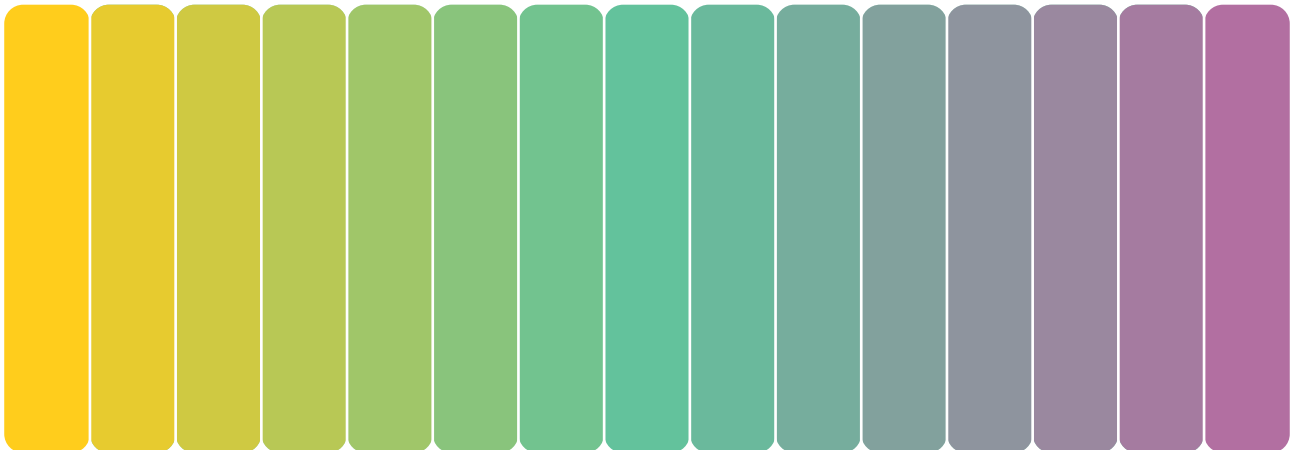
**D**raw emojis in the circles to show how you're feeling. If you don't want to draw an emoji, you can put words in the circles or colour them in different colours to show how you feel.



**Did any of your friends have a different experience from you?** ☐ Yes ☐ No

Put an **X** on the coloured strip to show if you think your friends had a better time or a worse time.

**WAY BETTER!** ← **ABOUT THE SAME** → **WAY WORSE!**





# How has it been?

**Let's have a think about what you loved and what you found hard.**

**T**hink back over this whole school year. Some of you will have spent two terms at school and one term at home. Others will have spent nearly the whole time at school, even the holidays. Everyone will remember things they loved about their school year and things they found hard. **Write your thoughts in the splats.**

Things I loved about  
this school year

Things I found hard  
about this school year



# Looking ahead (before moving forward)

**A**lthough school has been different this year, when you go back to school you will be moving up to the next year group as usual. How would you finish these sentences?

I will miss my teacher and classroom because

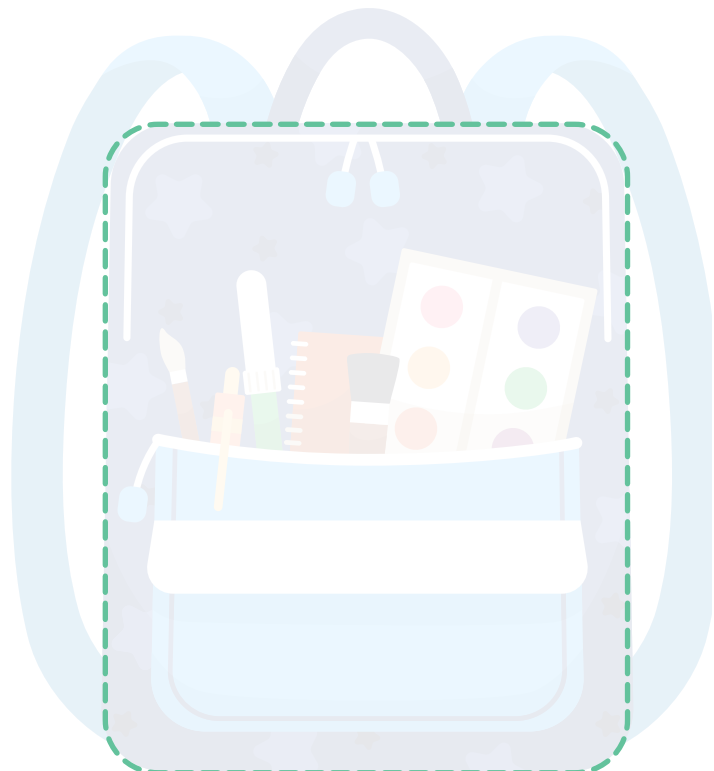
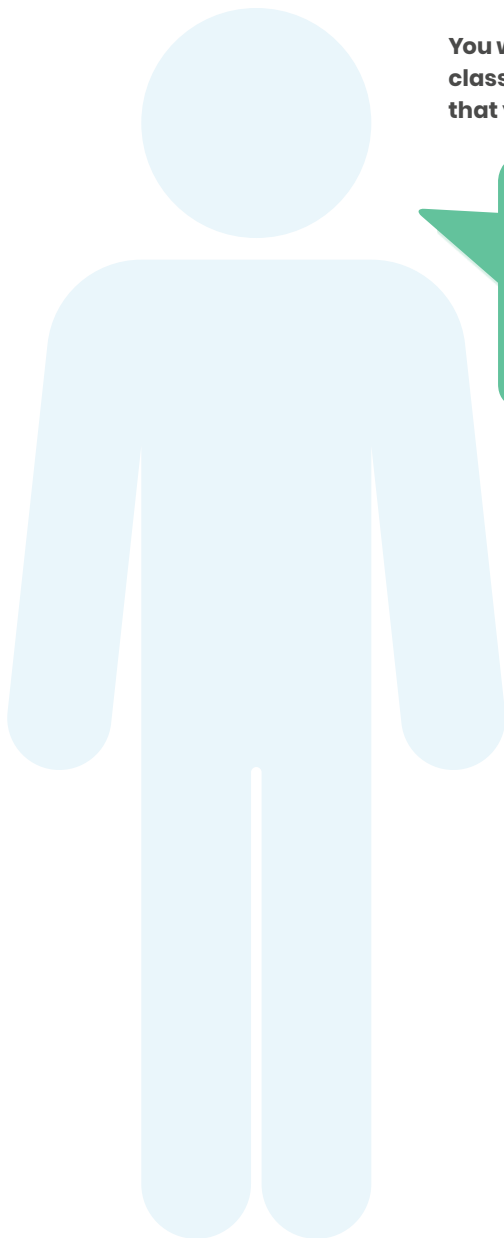
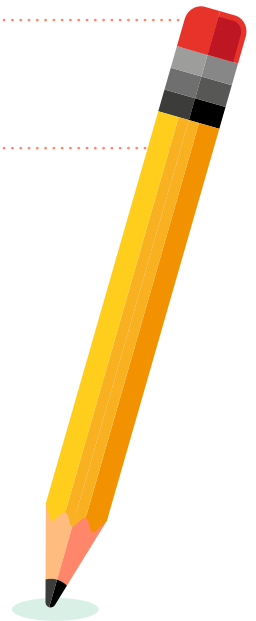
I am looking forward to school in September because

**You will have a new teacher and maybe a different classroom too. Draw what will you wear and the things that you will take with you on the first day.**

I'll be in year .....

My teacher's name is

.....





Circle the words below that describe how you feel about going back to school after the holidays, and you can add some of your own feeling words:

EXCITED

CALM

WORRIED

SCARED

PLEASED

INTERESTED

UNSURE

NERVOUS

HAPPY

IMPATIENT

ANGRY

SAD

Four horizontal dotted lines for writing additional feeling words.

## But first, it's the summer holidays!

Draw a picture of something you'd like to do in the holidays.



Keep these pages so you can look at them again when it's time to go back to school.

**Right now, you've got your summer holidays. Have fun!**

# The Big School Bell

Written by Jessica Shaw and Kim McCabe.

If you are feeling worried or upset there are always people who will listen and help you at **Young Minds**.

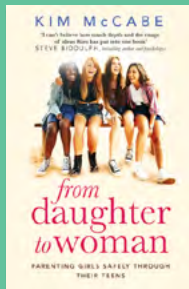
If you are ever in danger or need help, contact **Childline** on **0800 1111**.



This guide has been created by **Rites for Girls** as part of The Big School Bell campaign to help children come to terms with the end of a strange year during a global pandemic. The aim of the guide is to support young people to identify and process their thoughts and feelings about completing this phase of their education and beginning the next. For more resources, information, advice and support, or to learn more about The Big School Bell campaign, head to our **website**, or follow us on social media.



We have also published a **Guide for Parents** which you can find on our website, along with information about our **Girls Journeying Together** groups to support Year 6 and Year 7 girls.



**Kim McCabe** is the founder director of Rites for Girls CIC which, since 2011, has offered year-long Girls Journeying Together groups, support for mothers and training for women wanting to support girls. Author of *From Daughter to Woman* ([available here](#)) and a series of online parenting courses, she guides parents through the preteen and teen years. A passionate believer in the transformative power of creating rites of passage for girls, Kim's on a mission to make the lives of girls kinder, safer and better supported.



This guide has also been endorsed by Steve Biddulph

**Steve Biddulph** is one of the world's best known parent educators. A psychologist for 30 years, he is now retired but continues to write and teach. His books, including *The Secret of Happy Children*, *Raising Boys*, *The New Manhood* and now *10 Things Girls Need Most* are in four million homes and in 31 languages. They have influenced the way we look at childhood and especially the development of boys and men. Today though, the mental health of girls and young women globally is also a major focus.



Rites for Girls®

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