

YEAR TRANSITIONS · Y5/Y6 / GRADES 5-6

# Anxious Children — Transition Toolkit

When normal nerves become significant anxiety

## Normal nerves vs significant anxiety

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## Why transition is uniquely anxiety-provoking

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**Early-warning signs**

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**First conversation — what to say**

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**Practical accommodations to negotiate**

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**Working with the family**

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**When to escalate further**

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**What helps less than people think**

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**Anxious-children action plan — month by month**

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|-----------------------------------------------------------|-----------------------------------------------------------------------|
| ■ May: identify children showing early signs              | ■ May: schedule 1:1 conversations with each                           |
| ■ May: contact families to share concerns and gather info | ■ May/June: contact secondary school's pastoral lead about each child |
| ■ June: arrange any extra transition visits               | ■ June: agree any first-day accommodations                            |



- June: SENDCo involved if appropriate
- July: handover form completed with anxiety section detailed
- September: brief follow-up to secondary in the first 2 weeks if possible
- Late June: coordination meeting between Y6 teacher, family, and secondary
- July: child has the secondary's pastoral lead's name and face memorised

