

EMPOWERING TRANSITIONS: HELPING STUDENTS THRIVE IN MIDDLE SCHOOL

GOAL SETTING

Outline academic and social goals for the year. Create a vision board or goal chart together.

STUDY SKILLS WORKSHOP

Teach effective study techniques and time management. Create a simple study schedule together.

SOCIAL SKILLS GAMES

Engage in role-playing scenarios to build social skills, like making friends or asking for help.

READING TOGETHER

Choose a book about transition or friendship. Discuss characters' experiences and relate them to the student's feelings.

REFLECTION JOURNALS

Start a journal for thoughts on the transition. Prompt with questions like, "What are you excited about?"

EXTRACURRICULAR EXPLORATION

Explore clubs and activities at the new school. Help identify interests and plan involvement.

COMMUNICATION SKILLS

Practice communicating with teachers. Role-play scenarios to build confidence.

MINDFULNESS ACTIVITIES

Introduce relaxation techniques to manage anxiety. Simple breathing exercises or guided meditations can help.

