Middle School Transition Steps

Name it. Map it. Practice it. Connect. Plan the first week.

Name: _____ **Date:** _____

1. Safety sort

Danger or crisis?
Adult now.

2. Name changes

List what will be
different.

3. Both feelings

Excited and nervous
fit.

4. Map my day

Schedule, rooms,
route.

5. Locker + gear

Practice the lock.
Color code.

6. Many teachers

Learn routines. Ask
for help.

7. Friends

Keep old ones. Try a
club.

8. Calm tools

Breathe. Ground. Worry
to plan.

9. First week

Checklist + trusted
adults.

Unknown feels bigger than it is. Practice shrinks it.

Most worries are about getting lost, lockers, teachers and friends.

Getting lost Walk the route. If lost: ask.	I will be late and everyone stares.
The locker Practice the dial 10 times.	I cannot open my lock in time.
Friends Lunch plan + one new club.	My friends have other classes.

Skill and confidence practice. Not a diagnosis or a treatment program.

Safety: if you or someone else is in danger, tell an adult. US: 988 · HOME to 741741 · 911

Worry that lasts weeks or stops school? Talk to your counselor or doctor.

My Middle School Game Plan

Worries into plans. Route. Locker. People who can help.

Name: _____ **Date:** _____

Turn a worry into a plan

I worry that: _____

Worry level (0 to 10): ____ Likely? Y / N / Not sure

My plan if it happens: _____

Someone I can ask: _____

My route and gear

First class room: _____ Hardest walk: _____ to _____

Locker stops (before which classes): _____

Lock steps: right ___ · left past once to ___ · right to ___

If I get lost I will: _____

People and places

Two trusted adults at school: _____ and _____

A friend I will keep in touch with: _____

A club, team or activity to try: _____

Lunch plan for day one: _____

Ask for help script (any teacher)

"Excuse me, I am new to this. Could you show me how ...?"

My calm tool when it feels like too much: _____

One thing I am looking forward to: _____

Questions I want to ask before day one:

_____

_____

_____

_____

_____

_____

Crisis: 988 · HOME to 741741 · 911. Tell a trusted adult.

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First Weeks Check-In Log

Seven school days. Small wins count. Bring it to your counselor.

Name: _____ **Date:** _____

Day	Found way?	Had gear?	Talked to	Calm tool	Worry 0-10
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					

Student mini card (cut out and keep)

Map it · Practice the lock · Ask a teacher · Find one person

Excited and nervous can both be true. Most students settle in.

Calm: box breathing · 5 4 3 2 1 grounding · worry into a plan

If unsafe: tell an adult. US: 988 · HOME to 741741 · 911

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Middle School Transition Group Curriculum

Holiday sale on Etsy until Dec 2: about $11.04, was $14

Get it on Etsy

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