Group at a glance

Eight weekly sessions that build on each other

Week	Session	Goal	Date planned
1	**Looking ahead**	Students meet the group, build agreements and name what they are excited and worried about as they move to middle school.	
2	**Finding my way**	Students learn to read a class schedule and a school map and plan what to do if they get lost or are running late.	
3	**Lockers and gear**	Students practice opening a combination lock and plan how to keep materials organized for several classes.	
4	**Many teachers, one me**	Students learn that each teacher has different routines and practice speaking up for themselves when they need help.	
5	**Friends old and new**	Students plan how to keep friendships, make new friends in a bigger school and find clubs and activities that fit them.	
6	**Pressure, drama and group chats**	Students practice handling peer pressure, conflict and online group chats in safe and respectful ways.	
7	**Calm under change**	Students notice how stress feels in their body and practice tools to stay calm when something is new or hard.	
8	**My game plan and celebrate**	Students answer the remaining questions, build a personal first week plan, reflect on their growth and celebrate.	

Group members

Day, time and place

Session flow

Opener 5 min, teach 10 min, practice 15 min, wrap up 5 min.

Question box

Answer a few questions from the box at the start of each session.

Praise specifically

Name what you saw: You asked your question in a clear, calm voice.

Name _____ Date _____

Session 1: Looking ahead

Lesson plan for the group leader

Goal

Students meet the group, build agreements and name what they are excited and worried about as they move to middle school.

Materials

Group agreements page, pre group check, sticky notes in two colors, a box or bag for anonymous questions, markers

Opener 5 min	Two color sticky notes: students write one thing they are excited about on one color and one thing they wonder or worry about on the other. Post them on two sides of a board and notice how many worries are shared.
Teach 10 min	Explain the group: a place to get ready for middle school, learn how it works and practice skills for the changes ahead. Build agreements together. Teach that feeling excited and nervous at the same time is normal for any big change, and that almost every student who has gone before them felt some of the same worries. Most worries about middle school are about the unknown, so the more we learn and practice, the smaller they get. Introduce the question box: students can drop in any question, named or not, and the group will answer them over the coming weeks.
Practice 15 min	Students rate how worried they feel about common middle school changes on their student page, then write one question for the question box.
Wrap up 5 min	Each student shares one thing they are looking forward to. Complete the pre group check and sign the agreements.
Take home	Ask an older sibling, cousin, neighbor or family member one question about their first year of middle school.

What I noticed (skills, needs, who to praise)

Follow up or adjustments for next week

Name _____ Date _____

Session 1: Looking ahead

Excited and nervous can happen at the same time

Three things I am excited about

Three things I wonder about

How I feel about...	Not worried	A little worried	Very worried
Getting lost			
Opening my locker			
More homework			
Making friends			
Older students			
Many different teachers			
Lunch and the cafeteria			
Changing for PE			
Something else: _____			

What I already know about middle school

My question for the question box

L&T

Lotus & Tulip

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Middle School Transition Group Curriculum: Next Stop Small Group

Printable PDF, 25 pages: 8 sessions, each with a one page lesson plan and a matching student page, plus a family permission letter, group agreements and a pre and post skills check

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