

Last Week of
Year 6
2019-2020

Everybody will want to say goodbye in their own way and look to the future with their own ideas so here are some activities you might want to do, but you can make some up of your own too...

Email your close friends – don't just write 'Hi' with an emoji face, write a more detailed email remembering your best times together, share your special memories and make plans for your future friendship – how might things change now and what will you do to keep the friendship strong.

Write a letter — to your friend, teacher, favourite TA, a family member, yourself — it doesn't matter who and you don't even need to give it to them if you don't want to. Just give yourself the opportunity to express how you are feeling and what thoughts are going through your head.

Make a 'My Life at Beulah' timeline – include events from your whole time at Beulah, right from Nursery (if you can remember that far!) or from whenever you joined us. Use images, quotes, whatever you like.

Make lists – memories, worries questions,
whatever is in your head.

Sometimes, when we list our thoughts on
paper, they become easier for us to manage.
This can be helpful to deal with things that
worry us and also be useful in helping us
prepare for events in the future.

Give yourself time — over the next week, you will probably feel a real mix of emotions. From super excited about changing school, meeting your new teachers and making new friends, to feeling sad that you are leaving somewhere you have come to everyday for most of your lives.

Be kind to yourselves — if you need to cry, then cry. If you want to call your friends and moan about something, then do it! If you want to email your teacher, we are here for you.

Be ready to feel all different ways and know that its all completely natural and normal.