



P7 - S1 transition Mental Health & Wellbeing sessions

e-Sgoil have collaborated with mental health experts **Headstrong** to create some exciting learning opportunities to support learners with their mental health during transition from P7 to S1.

These took the form of two live class-based transition workshops and two live family learning sessions. The sessions also featured a live Q&A opportunity with our mental health expert from Headstrong.

The videos from these sessions can be accessed below by clicking on the logos beside the information for each session. They are available via our website (using Vimeo) and for those schools unable to access the Vimeo platform, the videos are also available on YouTube and Microsoft Stream (Pupil sessions only - Glow login required)



Two brief introduction videos are also available explaining about both sets of sessions.

Intro for teachers








Intro for Parents




Pupil Session 1

Why Don't Brains Like Change?
A session where we talk about what happens to our mental health when we go through any big change. Can we do anything to prepare? What do I do when unexpected things happen? Is it normal to not feel 100% confident about what's about to happen?
In this first session Brian will talk about how our brains learn new things and why it's really important to give our brain time to catch up when our world changes.



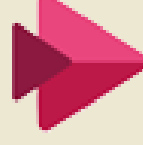




Pupil Session 2

Brain Training For High School
In this session we'll teach some simple strategies for dealing with common mental health problems by discussing how our mental health is an 'inside out' process. What this means is our mental health is not really about what is happening to us. It's much more about how we think about what's happening to us.
Brian covered a range of simple strategies and understandings such as "What if..." spirals and how our brain makes all our emotions from thoughts not things.







Extra questions from Pupil session 2 Q&A

Parent Session 1

Understanding The Mind of Your Child
The move from Primary to Secondary is, for many children, the biggest change they will have experienced in their lives. They will move from the comfort of Primary where they have grown up, made friends, been around the same teachers day in day out, to the much faster world of High School and its hectic world of new people, subjects, teachers, timetables and pressures.
In this session Brian will talk about the psychological changes that happen for our Primary 7s as they begin the next stage in their journey. What should you expect as a parent and how can you prepare for the next stage of your child's life.

Parent Session 2

Saying the right things (and at the right time!)
Every parent has felt the pain of saying what they thought was the right thing only to find it, somehow, makes the situation worse or gets the instant feedback that it was very much the wrong thing. And this gets worse and more frequent the older they get.
In this session Brian will cover how to know the right thing to say and when the perfect time to say it is. Knowing just a few key, powerful questions can make you seem like parent of the year rather than parent facing a temper tantrum.

