

# Talk The Talk

CONFIDENT COMMUNICATION FOR LIFE



TALK ABOUT TRANSITION

# TALK ABOUT ME

PROFILE - HAVE A THINK ABOUT THIS AND FILL IT IN

FAVOURITE SUBJECT AT SCHOOL

DESCRIBE YOURSELF IN ONE WORD

WHAT MAKES ME HAPPY

HOW I TRAVEL TO SCHOOL

BEST THING ABOUT ME

WHAT I WILL MISS ABOUT PRIMARY SCHOOL

MY HOPES FOR THIS YEAR

MY BEST SCHOOL TRIP

MY BIGGEST CHALLENGE

WHAT WORRIES ME ABOUT SECONDARY SCHOOL

# TALK ABOUT MY NEW SCHOOL

CIRCLE THE STATEMENT THAT YOU THINK BEST SUMS UP HOW YOU FEEL

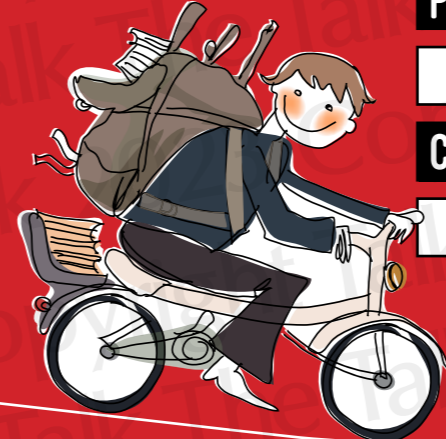
- MY NEW SCHOOL WON'T BE AS MUCH FUN
- IT'S OK
- I'M EXCITED ABOUT MY NEW SCHOOL
- I'M LOOKING FORWARD TO IT
- I'M WILLING TO GIVE IT A GO
- I THINK I'LL ENJOY MY NEW SCHOOL
- I'M A BIT OUT OF MY COMFORT ZONE
- I REALLY, REALLY DON'T WANT TO BE HERE. I WANT TO STAY AT MY OLD SCHOOL
- I'M REALLY NERVOUS ABOUT MY NEW SCHOOL



# TALK ABOUT A NEW FRIEND

NOW REMEMBER THIS. YOU'RE GOING TO DO IT WITHOUT THESE NOTES!

INTRODUCTION	THIS IS
POINT ONE	THEY LIKE TO
POINT TWO	THEY ARE GOOD AT
POINT THREE	THEY ARE LOOKING FORWARD TO
CONCLUSION	THEIR WISH FROM A GENIE IS



# TALK TO THE HAND





# TALK ABOUT SECONDARY SCHOOL

**OPPORTUNITIES**

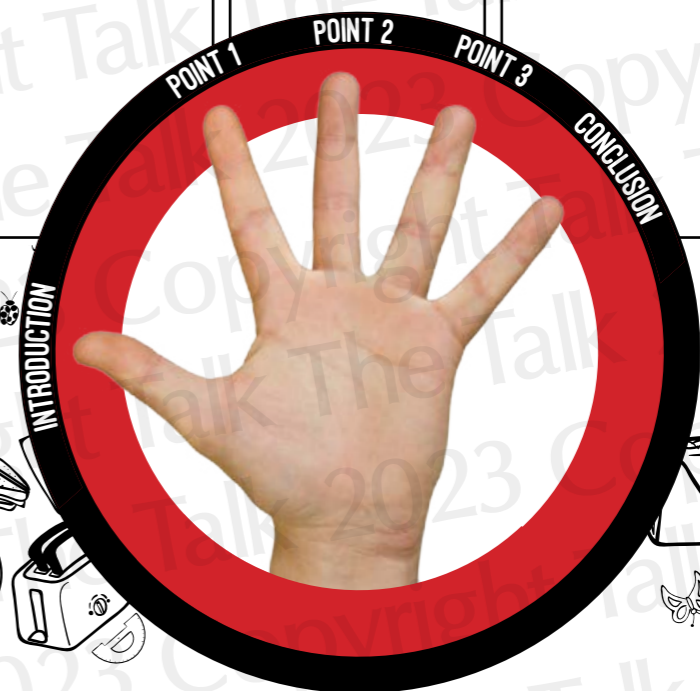
**CHALLENGES**



# TALK ABOUT PLANNING



INTRODUCTION	POINT 1 OPPORTUNITY	POINT 2 CHALLENGE	POINT 3 OPPORTUNITY	CONCLUSION



- WE THINK THAT
- AS A GROUP WE FEEL
- WE BELIEVE
- FOR THESE REASONS
- IS A CHALLENGE BECAUSE
- IS AN OPPORTUNITY BECAUSE
- WE WOULD MAKE THE MOST OF THIS BY
- WE WOULD OVERCOME THIS BY

# TALK ABOUT SETTING GOALS

LET'S SET SOME GOALS FOR THE YEAR AHEAD!

**SCHOOL GOALS**

**FRIENDSHIP GOALS**

**FUN GOALS**

Empty box for School Goals

Empty box for Friendship Goals

Empty box for Fun Goals

GET LOTS OF SLEEP \* MEET NEW FRIENDS \* WORK HARD IN SCHOOL  
 WATCH MORE TELEVISION \* FINISH MY HOMEWORK ON TIME \* TALK  
 LEARN SOMETHING NEW \* STEP OUT OF MY COMFORT ZONE \* FIND A  
 NEW HOBBY \* JOIN A SPORTS TEAM \* WAKE UP ON TIME \* WRITE  
 A BOOK \* LEARN A NEW LANGUAGE \* CREATE SOMETHING NEW  
 START A BLOG \* LEARN A MUSICAL INSTRUMENT \* LEARN FROM MY  
 MISTAKES \* EXERCISE MORE \* START A DIARY \* TAKE UP COOKING  
 SPEND MORE TIME WITH MY FRIENDS \* READ A BOOK \* SAY YES TO  
 NEW THINGS \* TRY MY HARDEST \* NOT GET STRESSED \* LEARN TO FALL  
 GIGGLE \* BE NICE TO NEW PEOPLE \* HAVE FUN \* READ A LOT \* CHALLENGE  
 MYSELF \* TALK TO PEOPLE \* DO THE BEST I CAN \* BE POSITIVE \* PLAN  
 AHEAD \* IMPROVE MY HANDWRITING \* BE READY FOR SCHOOL IN THE  
 MORNING \* USE KIND WORDS \* REMEMBER TO PUT MY HAND UP  
 LISTEN CAREFULLY \* RESPECT OTHERS \* IMPROVE MY MARKS  
 WORK FASTER \* BE BRAVE \* SPEAK OUT ABOUT BULLYING  
 RELAX MORE

# TALK ABOUT PLANNING GOALS

WE NEED TO ORGANISE OUR IDEAS. HERE'S A PAGE FOR YOU TO DO THAT

INTRODUCTION	POINT 1 SCHOOL	POINT 2 FRIENDSHIP	POINT 3 FUN	CONCLUSION



# TALK ABOUT PROGRESS

THREE THINGS I'VE LEARNED TODAY

1

2

3

## TALK THE TALK TOP TIPS

1

2

3

4

5

Sir Jack Petchey CBE created the Jack Petchey Foundation to inspire young people and recognise the amazing contributions they make to society. To do this, the Foundation has invested over £143m in programmes that benefit young people aged 11-25 across London and Essex.

The Foundation's major programme, Jack Petchey's Achievement Awards, is a peer-recognition scheme that celebrates the amazing achievements of young people in their schools and youth clubs. Alongside this, the Foundation partners with organisations across London and Essex to deliver a wide range of opportunities to young people, from dance to science, maths to vlogging, sport to public speaking and much more.

For more information about the Jack Petchey Foundation, please visit their website: [www.jackpetcheyfoundation.org.uk](http://www.jackpetcheyfoundation.org.uk)

NOW TWEET YOUR FRIENDS AND TELL THEM ABOUT THE DAY



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CONFIDENT COMMUNICATION FOR LIFE

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