

Coping Calendar - Transition to Secondary School

Practical tasks to help you look after your mental health
and prepare for Secondary School

DAY 1

Start a journal,
diary or
sketchbook

DAY 2

Talk openly
with someone
you trust about
how you are
feeling

DAY 3

Create a relaxed
daily routine,
with time for
rest, hobbies
and fun

DAY 4

Create a
'feel- good'
playlist

DAY 5

Learn a
breathing
technique

DAY 6

Spend
some time
outdoors

DAY 7

Write down
your favourite
memories
from Primary

DAY 8

Limit your
screen time
before bed and
try a bedtime
routine

DAY 9

Learn a
grounding
technique

DAY 10

Practice some
conversation
starters

DAY 11

Set a small
personal
goal for
summer

DAY 12

Create a
'What if...'
plan

DAY 13

Role-play some
first day
situations with
someone you
trust

DAY 14

Make a list of
things you are
looking
forward to

DAY 15

Create a
coping
toolbox

DAY 16

Try a new
activity

DAY 17

Watch a video
on YouTube
about starting
Secondary

DAY 18

Write a
checklist for
what you
need

DAY 19

Do some
exercise

DAY 20

Get your
school
supplies

DAY 21

Plan a sleep
schedule

DAY 22

Make a vision
board

DAY 23

Set an alarm
and practice a
school-day
morning
routine

DAY 24

Plan where
you are going
to do your
homework

DAY 25

Practice
positive
self-talk

DAY 26

Focus on
what you
can control

DAY 27

Perform an
act of
kindness

DAY 28

Write down
your worries

DAY 29

Pack your bag

DAY 30

Write down
your goals