

MUSIC city COUNSELOR

Thank you for your purchase!



Please contact me any time at
laura@musiccitycounselor.com if you have
questions, suggestions, or requests for
resources! I am here for you!

let's connect!



For helpful ideas and free resources, please check out my website!
www.musiccitycounselor.com

DIRECTIONS:

This workbook was designed to teach children about middle school life and help them feel more comfortable, confident, and ready for the big transition. There are some instructional pages as well as several pages that involve writing/reflection/circling responses. Instructions for each page are included at the top.

Both a full color and a black/white version of the workbook are included.

A link to the digital version is also available in the PDF file in the zip folder!

Questions, comments, or suggestions? Feel free to email me any time at laura@musiccitycounselor.com.

PS I SO appreciate when you please leave feedback on my resources on my TpT store! It earns you credits towards future purchases, helps other educators find quality resources, and helps my small business grow!

Name: _____

ARE YOU MIDDLE SCHOOL READY?



I'd like to **KNOW**...

Write in the bubbles what you most want to know about middle school life.



MY FEELINGS:

Circle your feelings about starting middle school below.



Angry



Confident



Confused



Excited



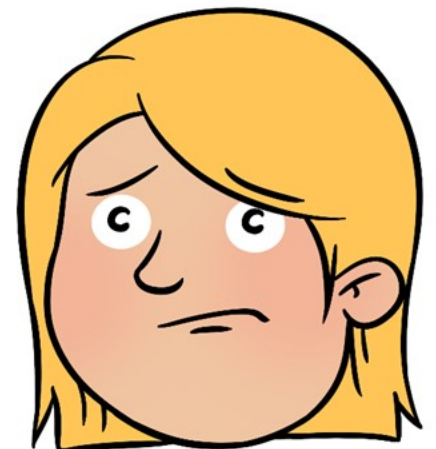
Scared



Content

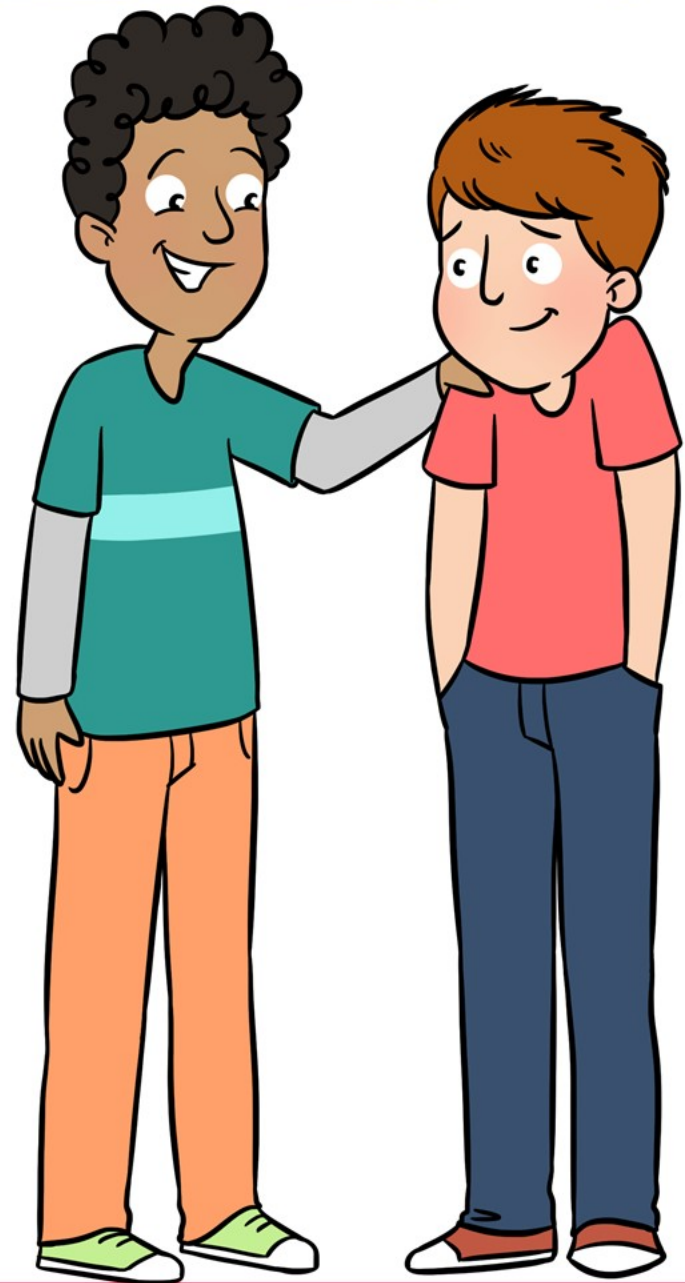
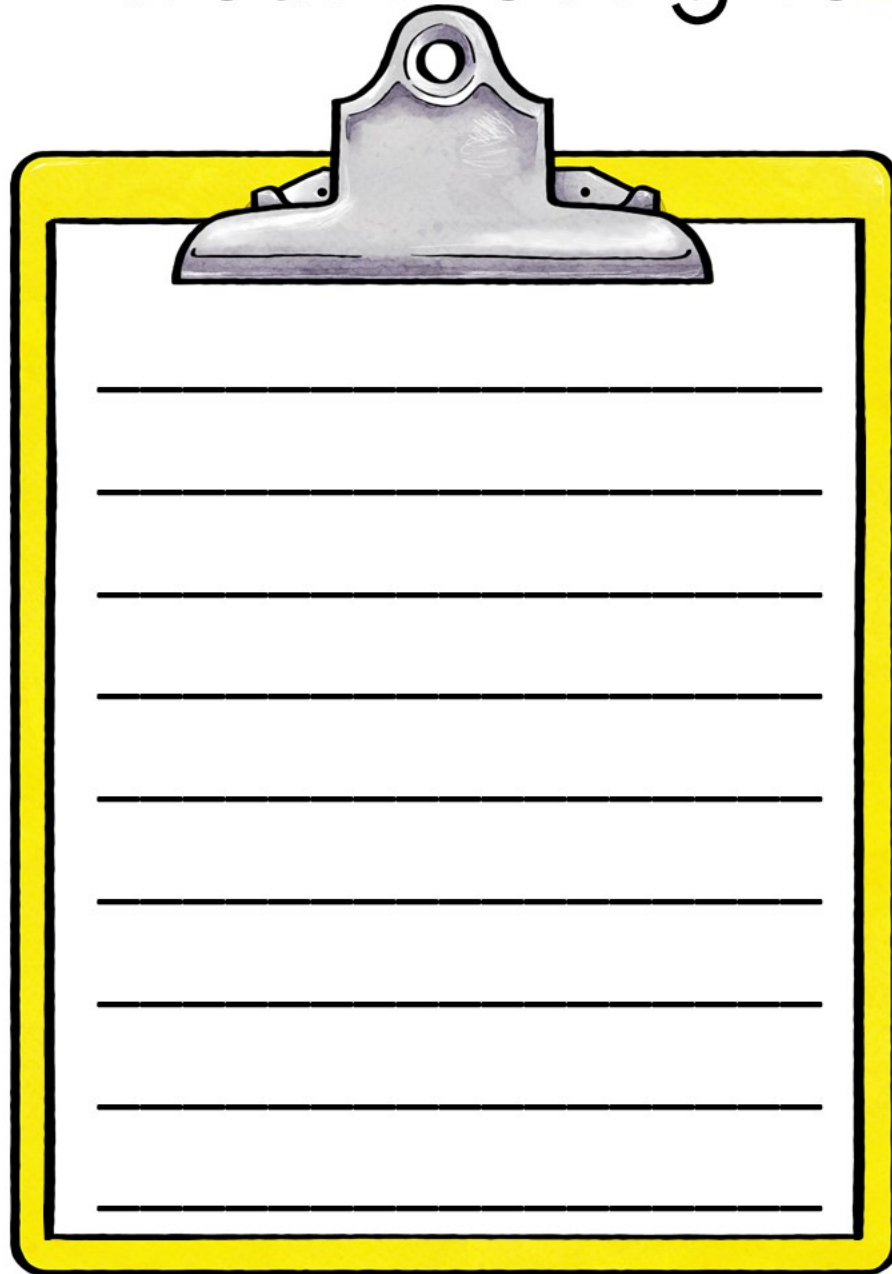


Stressed



Worried

Let's share more about our **FEELINGS**
about moving to middle school.



MY WORRIES:

Circle your worries about starting middle school below.



More homework



Older, bigger students



Getting lost



Harder classes



Making friends



Peer pressure



New teachers



Locker combinations

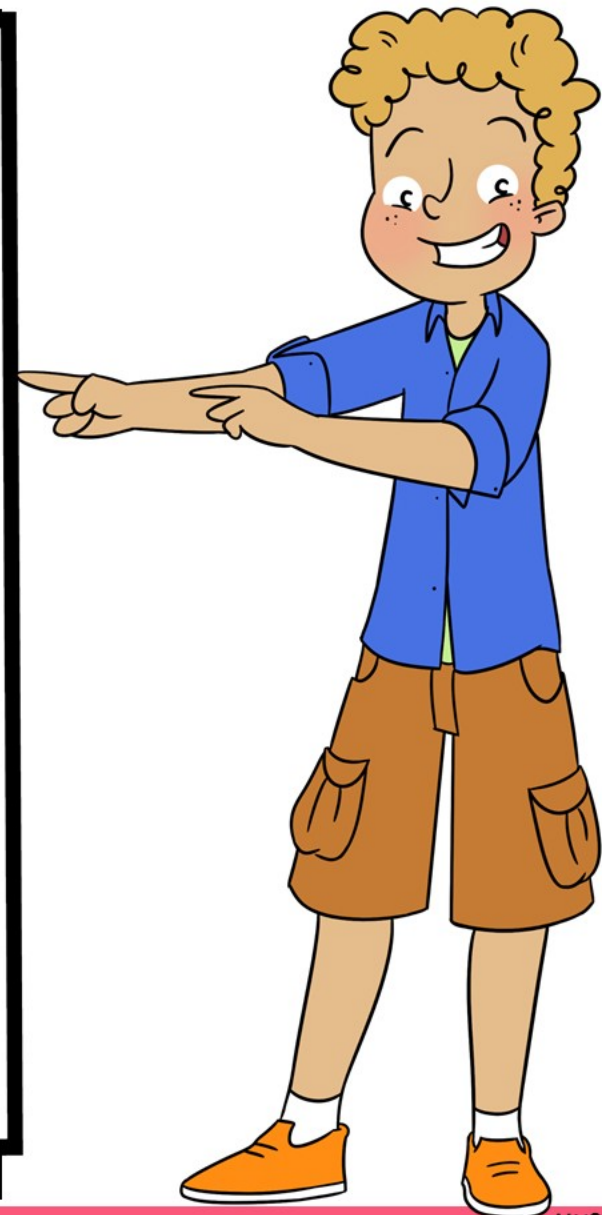
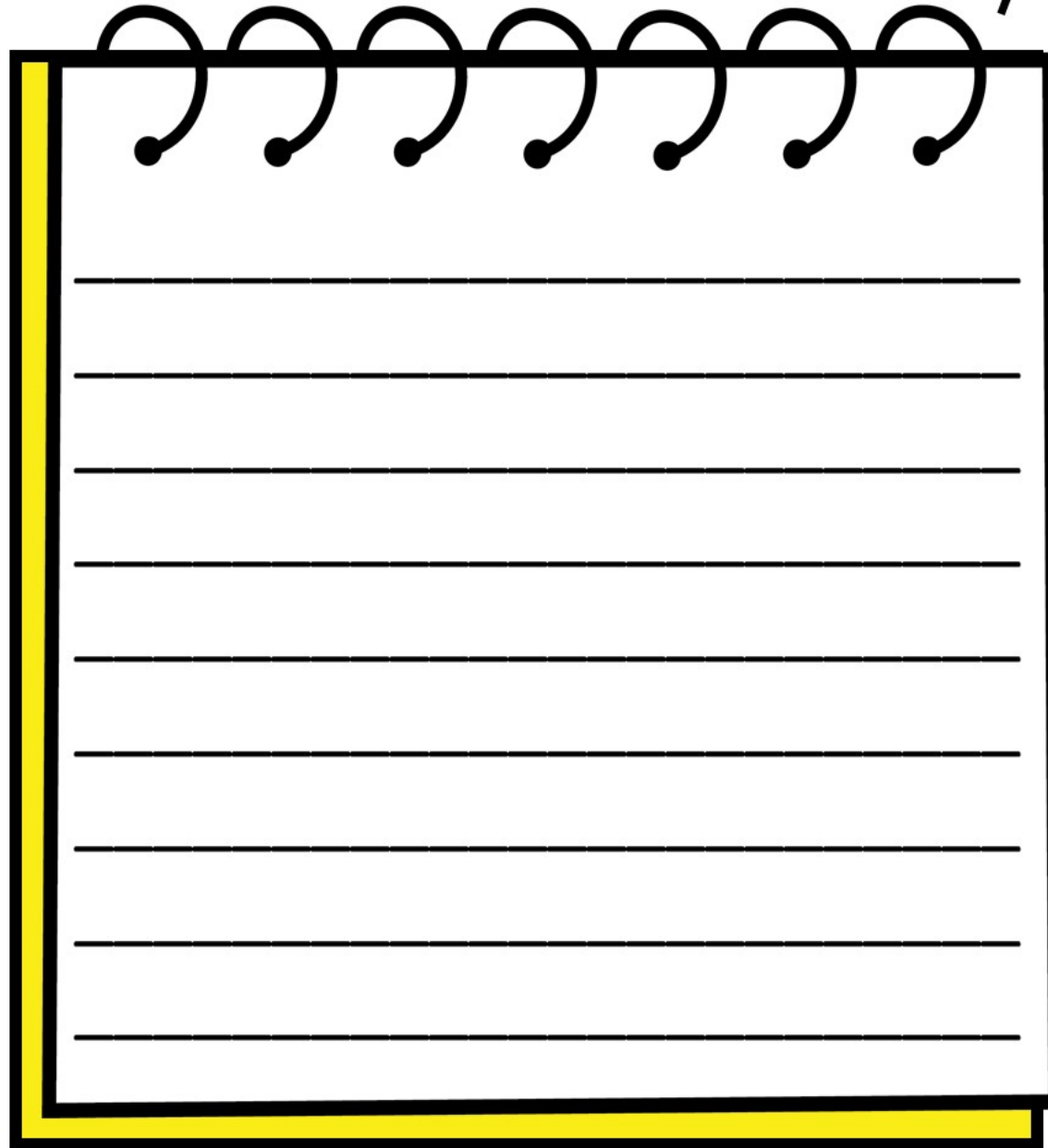


Sports teams, music, or activities

Let's share more about our **WORRIES**
about moving to middle school.

A large, blank, lined notebook page with a yellow cover, intended for writing worries.

How is middle school **DIFFERENT**
from elementary school?



7 differences between **ELEMENTARY & MIDDLE SCHOOL**



1) New people to meet and new friends to make!

What qualities do you look for in a good friend?



2) More homework!

How much time do you expect to spend on homework?



3) Bigger building with more students!

How do you feel about moving
to a new building?



4) Follow a class schedule with different teachers for each subject.



5) Join sports teams, clubs, and other activities!

What would you like to join?



6) More choice: of classes, food, friends, activities, and more!



7) Use a locker with a combination lock.

How do you feel about having your own locker?



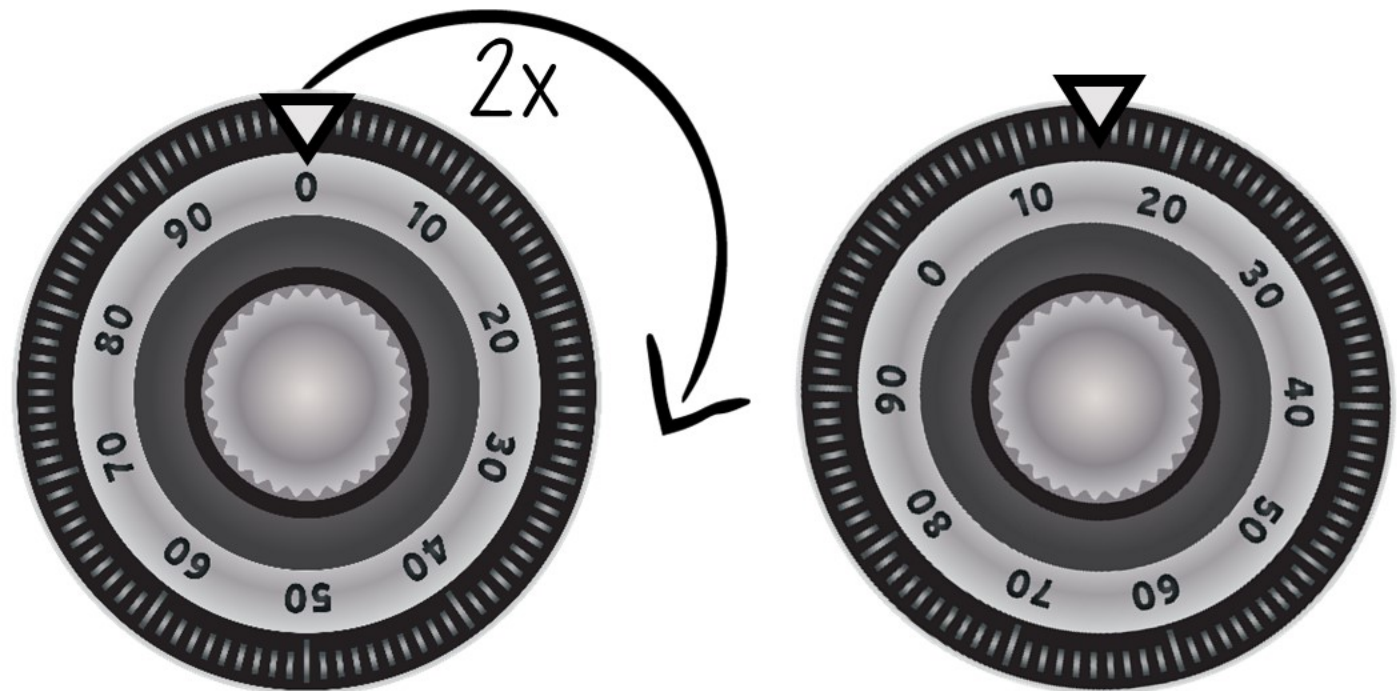
So, how do combination locks work, anyway?

When you start school, your teacher will tell you your locker combination. It will be 3 numbers. Write it down in a special and secret place so that no one else can see it, but you can remember it!

Let's pretend that your locker combination is 15-68-42.



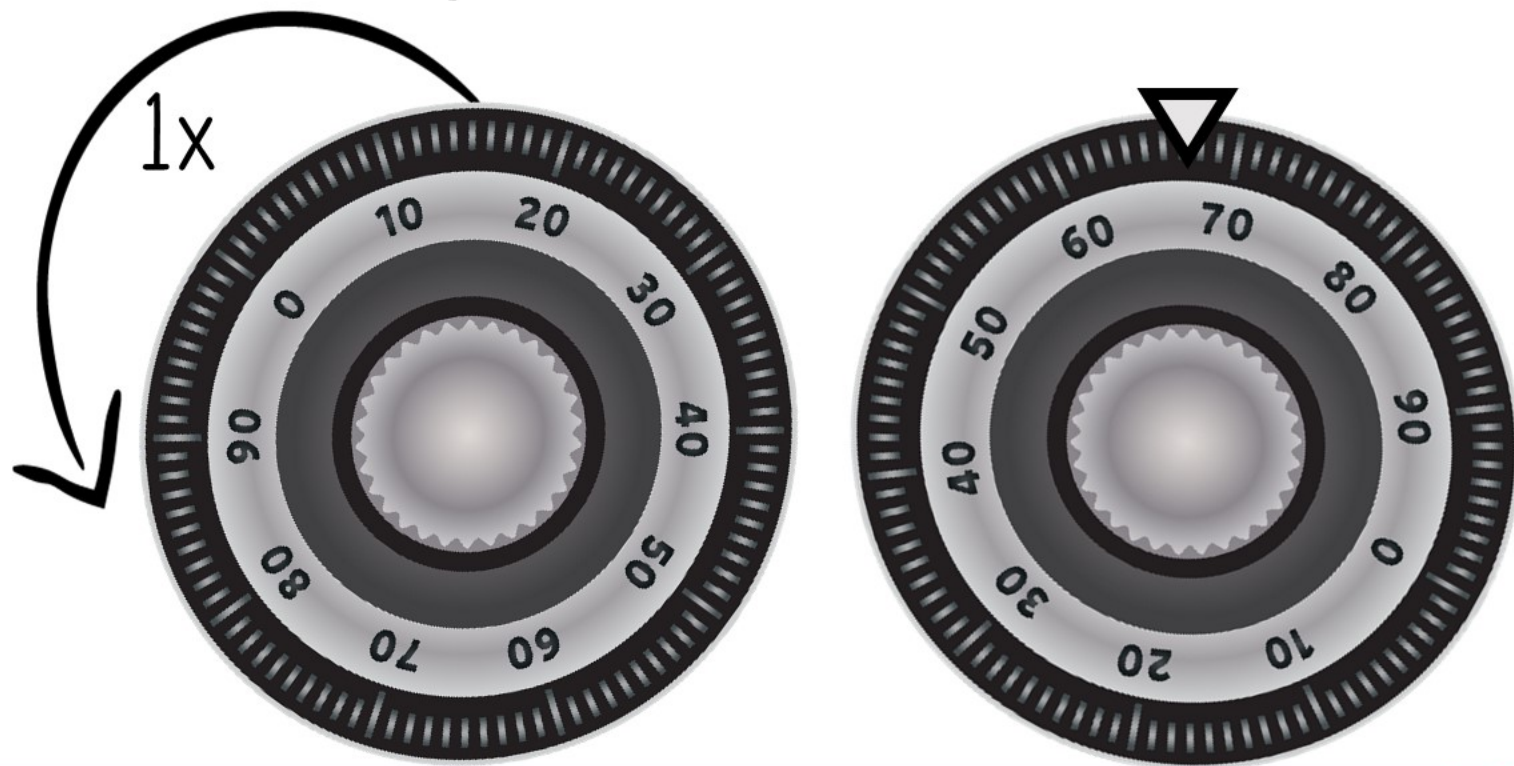
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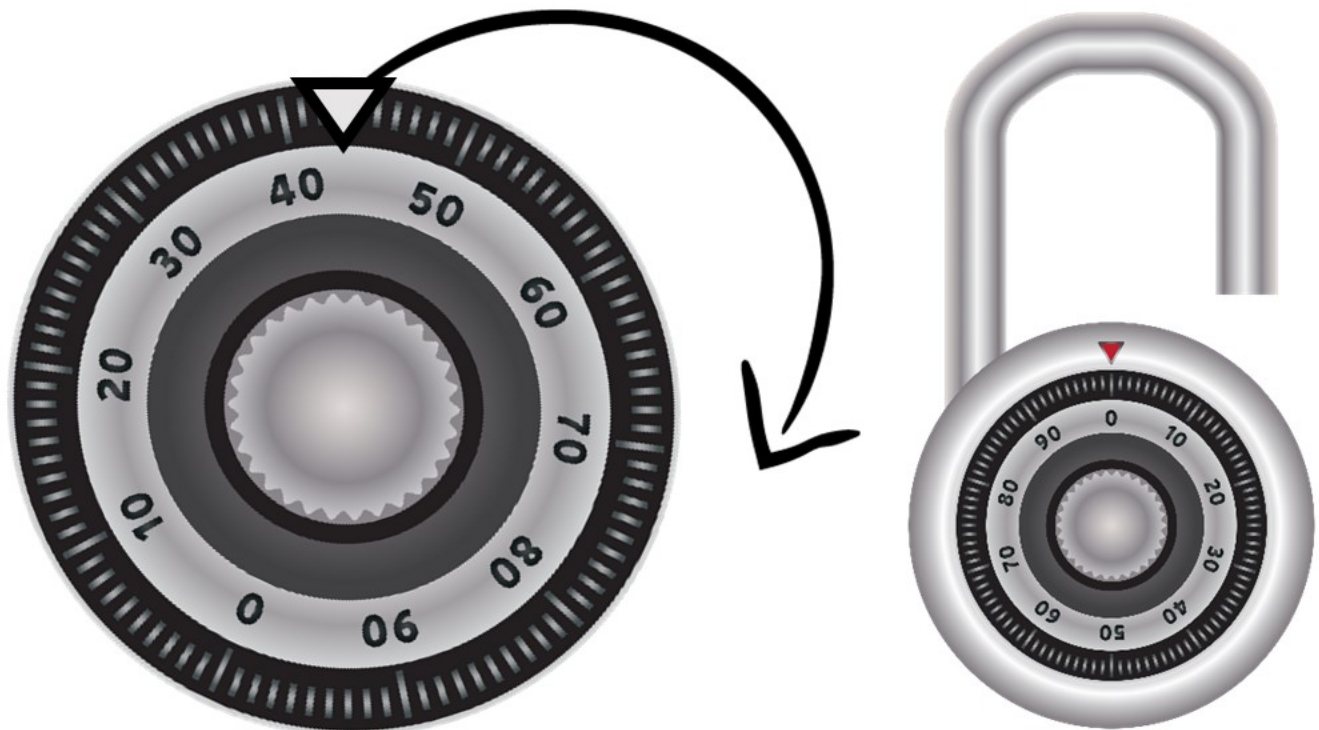
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Don't forget, your locker combination is 15-68-42.



Finally, turn the dial to the right and stop when the triangle at the top lines up with the number 42. Pull down and open the lock!



Tips for Success in MIDDLE SCHOOL!



1) Stay organized!



- Keep track of your assignments, projects, tests, due dates, and important events in an agenda.
- Use a locker organizer.
- Color code your folders and notebooks – one color per subject!
- Clean out your desk once a week.

2) Ask for help!



- Do you have an older sibling, cousin, or neighbor who is in middle school? Ask if they have any advice for you!
- Get to know your new teachers, school counselor, and principal. They are there to help you!
- Make sure that your parents know what's going on with you (with your feelings, friends, classmates, assignments, tests, teachers, etc.) so that they can help you!

3) Join, join, join!



- Try out some new activities to figure out what you like and what you are good at!
- You can try sports teams, clubs, art, music, theater, and more!
- Joining activities helps you make friends, feel a sense of belonging, and learn something new!

4) Be aware of peer pressure.



We all want to belong and feel like we are part of a group. Peer pressure happens when someone tries to make us do or say something that we are not comfortable doing – and that is probably a poor choice. It can be hard to say no to someone when we want to make or keep a friend.

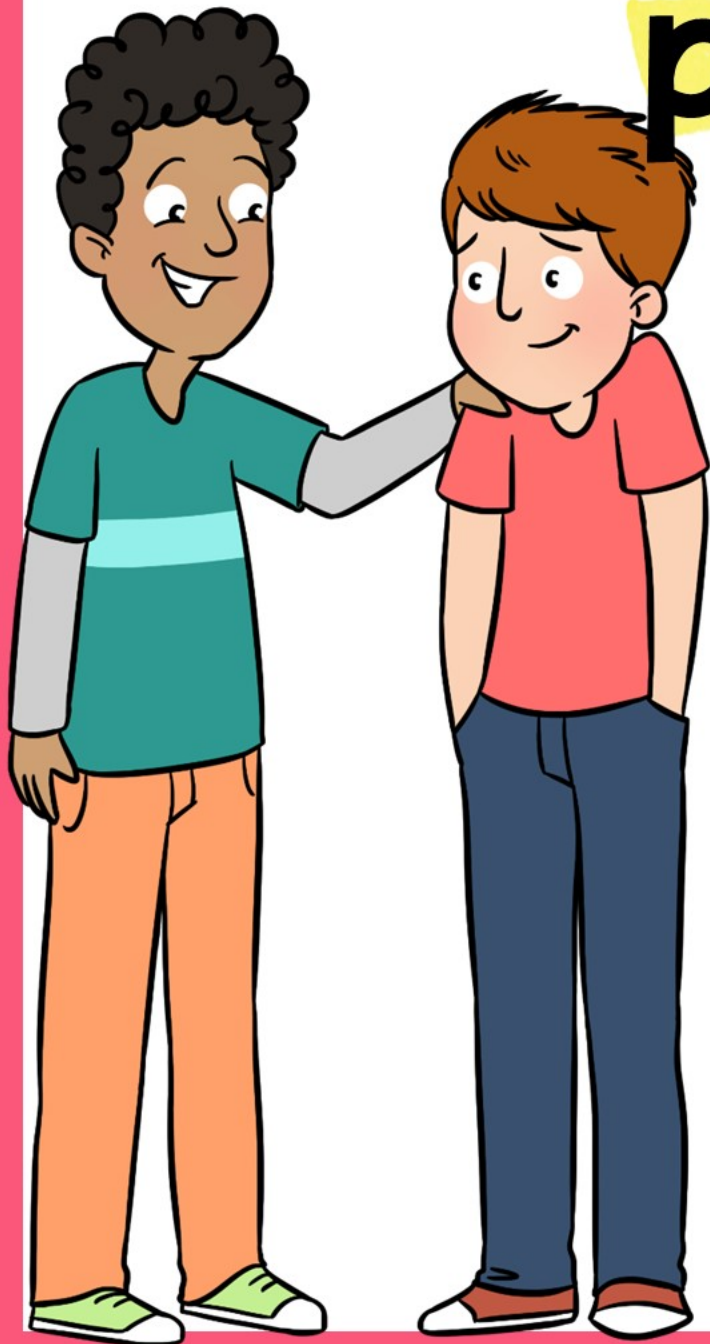
How to handle peer pressure:



- **GET TO KNOW YOU!** What are your values? What is important to you?
-
-

- **PRACTICE SAYING NO!** Say "NO!" in a firm, strong voice. Make eye contact. Don't change your mind – hold your ground!
- **WALK AWAY!** Move away from the person who is pressuring you. Find a safe grown-up or a friend!

How to handle peer pressure:



- **BRING A BUDDY!** Who is a supportive friend who will stand up for you in tough situations?
- **LOOK FOR POSITIVE ROLE MODELS!** Who do you look up to? What kinds of choices have the heroes in your life made?

When I think about starting middle school, I am most excited about...

A cartoon illustration of a young boy with brown hair, wearing a light blue shirt and red pants, standing next to a large sheet of lined paper. The paper has a yellow header and ten horizontal lines for writing. The boy is looking at the paper.

**LET'S SET
GOALS**
for Middle School
SUCCESS!



S.M.A.R.T GOALS:



S

SPECIFIC: What exactly do you hope to accomplish? Be clear!



M

MEASUREABLE: How will you know when you've achieved your goal? How will you track progress?



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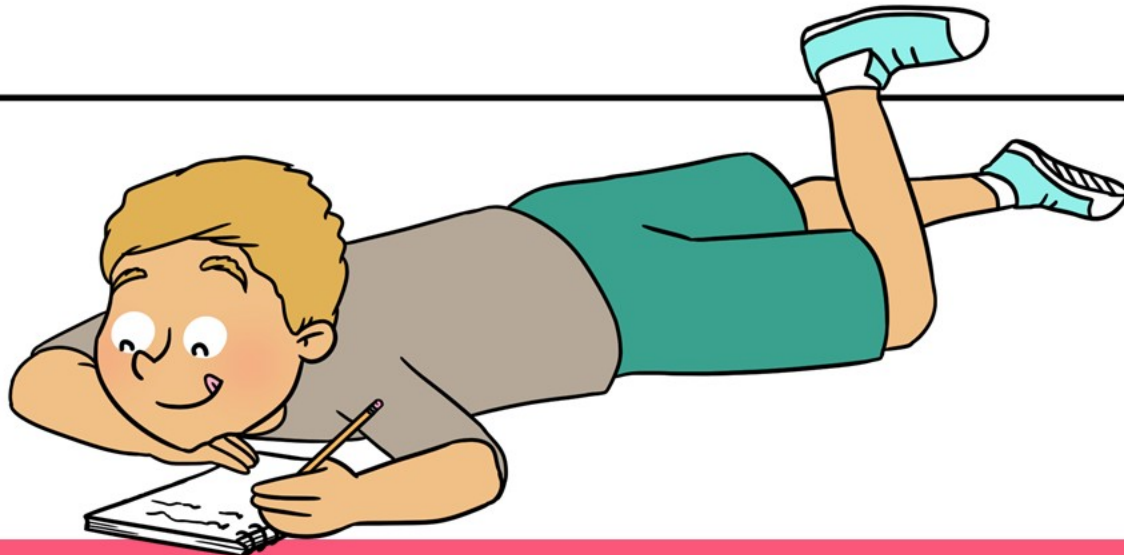
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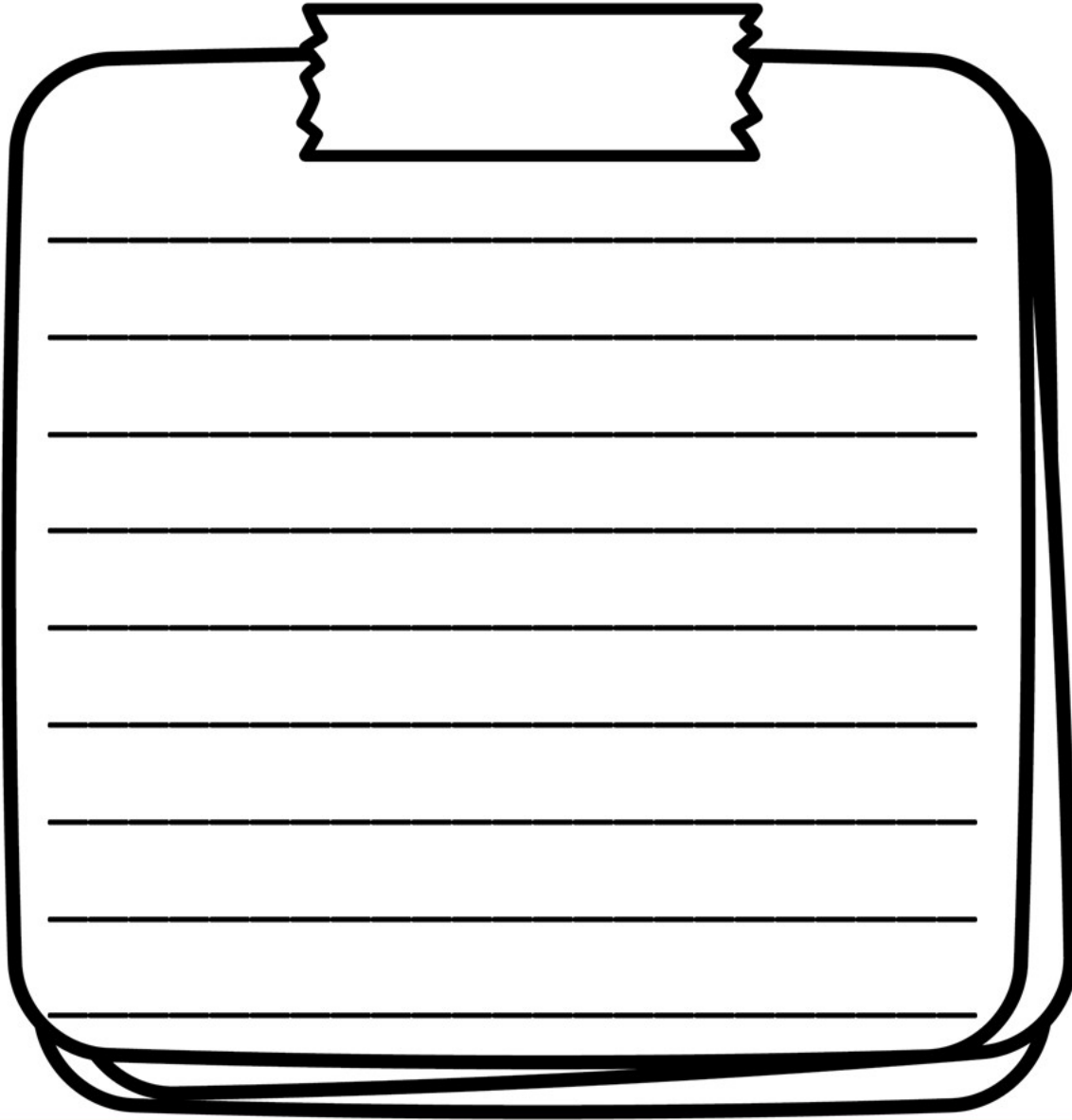
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TIMELY: When exactly do you hope to achieve your goal?



MY S.M.A.R.T GOALS

for Middle School Success!



A large, blank, lined notebook page with a torn top edge, intended for writing SMART goals.

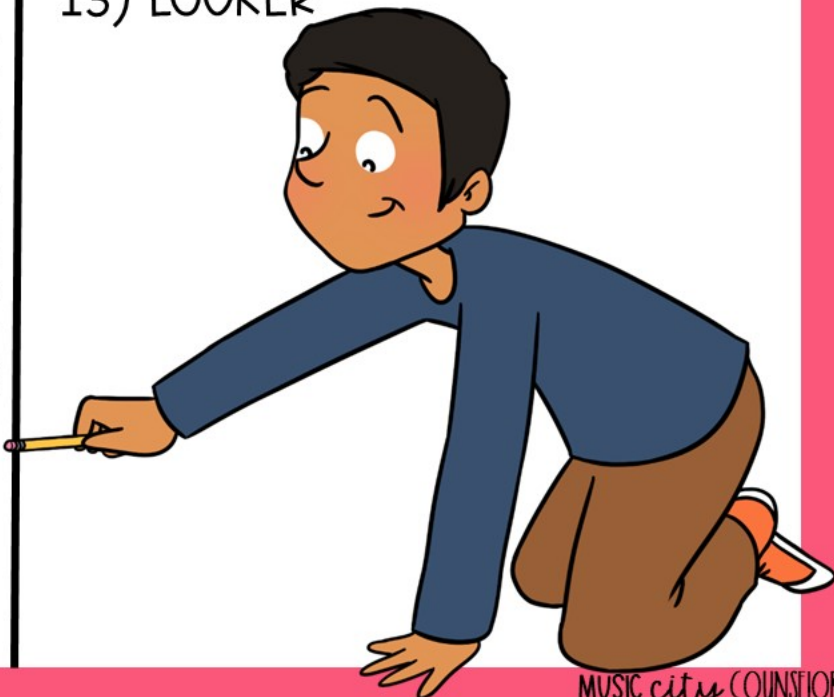


WORD SEARCH

Can you find and circle all of the middle school words?

G L D A A A W O V L X Q V X Y R B M A W
S K L M H A G F P P H W T U X E S R S O
A D Y M V J C Q F V P D C V C A M O M V
S H D A X A V D D M N E A B L D R P C N
K U B X Q T L R E A N J Z M O Y C S A T
F S E T G O A L S M P Y P P C P E G T B
O P M M B G I X N G J S H S K V F K R N
R A W A R E O F P E E R P R E S S U R E
H L O J C M Z Q W G M J F O R Q Q A K W
E W D T P B B F F A K N P G R U I M N T
L X S S T A Y O R G A N I Z E D U O E E
P O A S M E Y F O P E M P B H H S G W A
E I C P N P V C H J X B J Q F Z A U C C
M A K E F R I E N D S R O N J B O T L H
I Y J O I N A C T I V I T I E S L I A E
P K P Z U X C V V A K R O G Y Y D Z S R
C O M B I N A T I O N L O C K S N N S S
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- 1) AWARE OF PEER PRESSURE
- 2) MORE HOMEWORK
- 3) SET GOALS
- 4) READY
- 5) COMBINATION LOCKS
- 6) MAKE FRIENDS
- 7) NEW TEACHERS
- 8) JOIN ACTIVITIES
- 9) STAY ORGANIZED
- 10) NEW CLASSES
- 11) BIGGER BUILDING
- 12) ASK FOR HELP
- 13) LOCKER



BEST
of luck to you in
MIDDLE
SCHOOL!



**Black &
White**

Name: _____

ARE YOU
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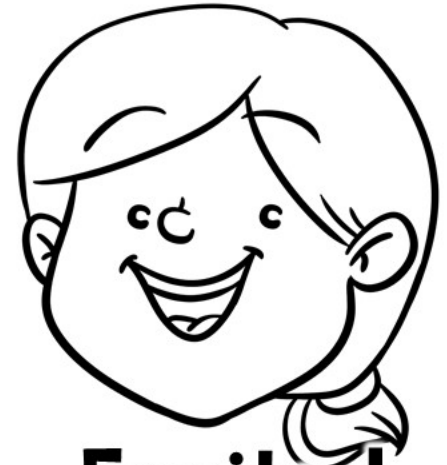
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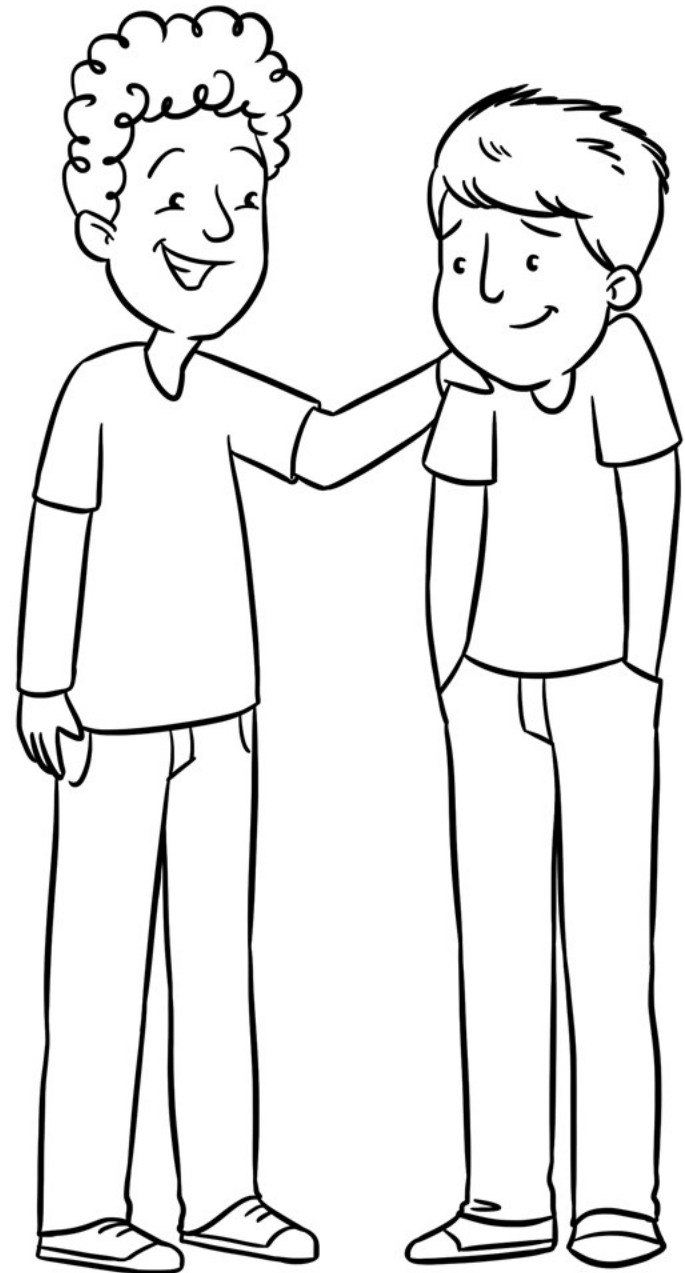
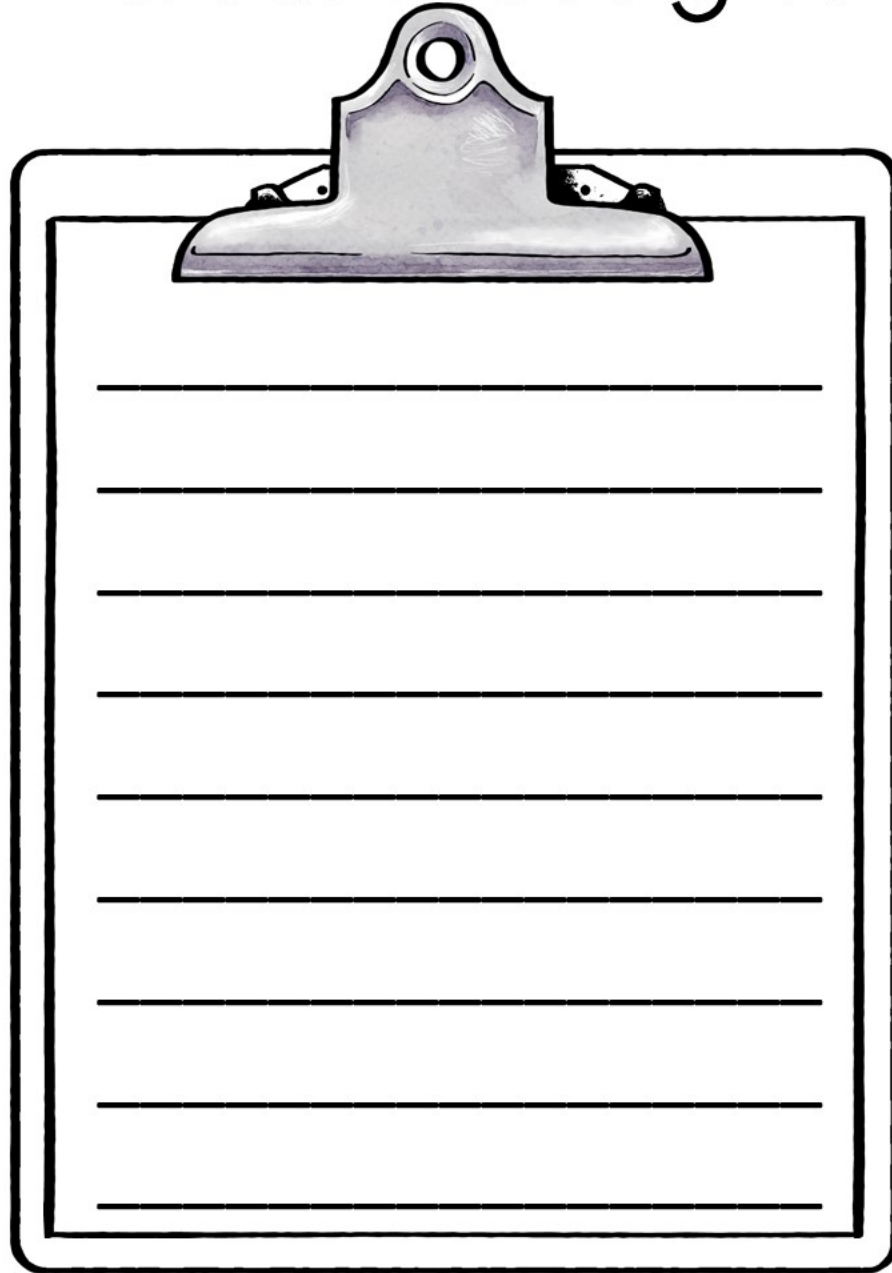


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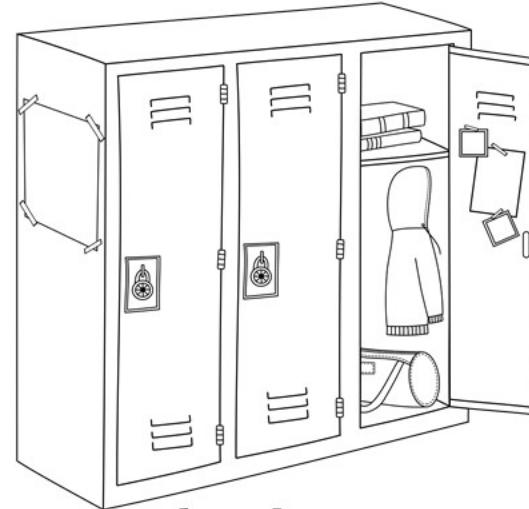
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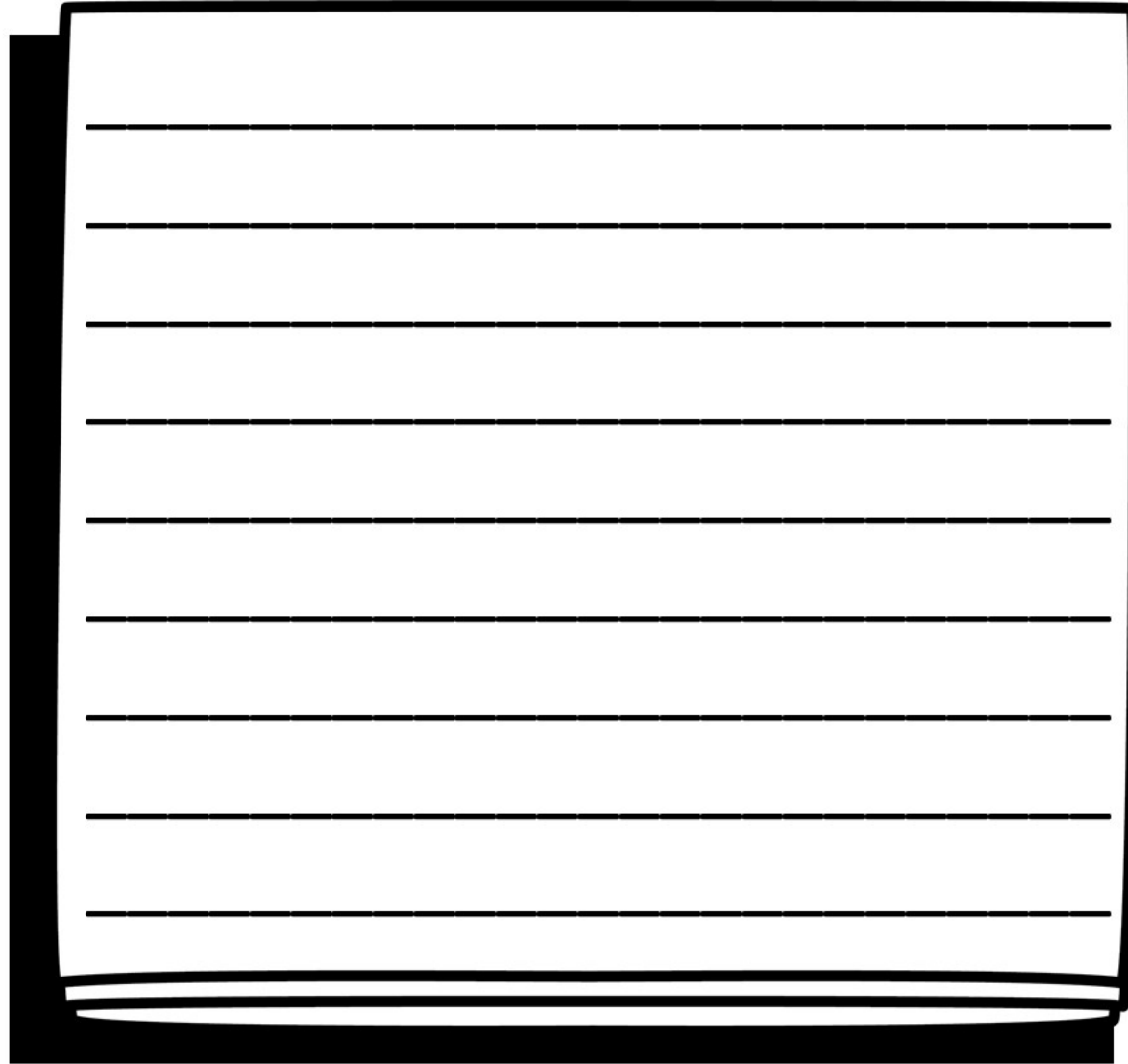


Locker combinations

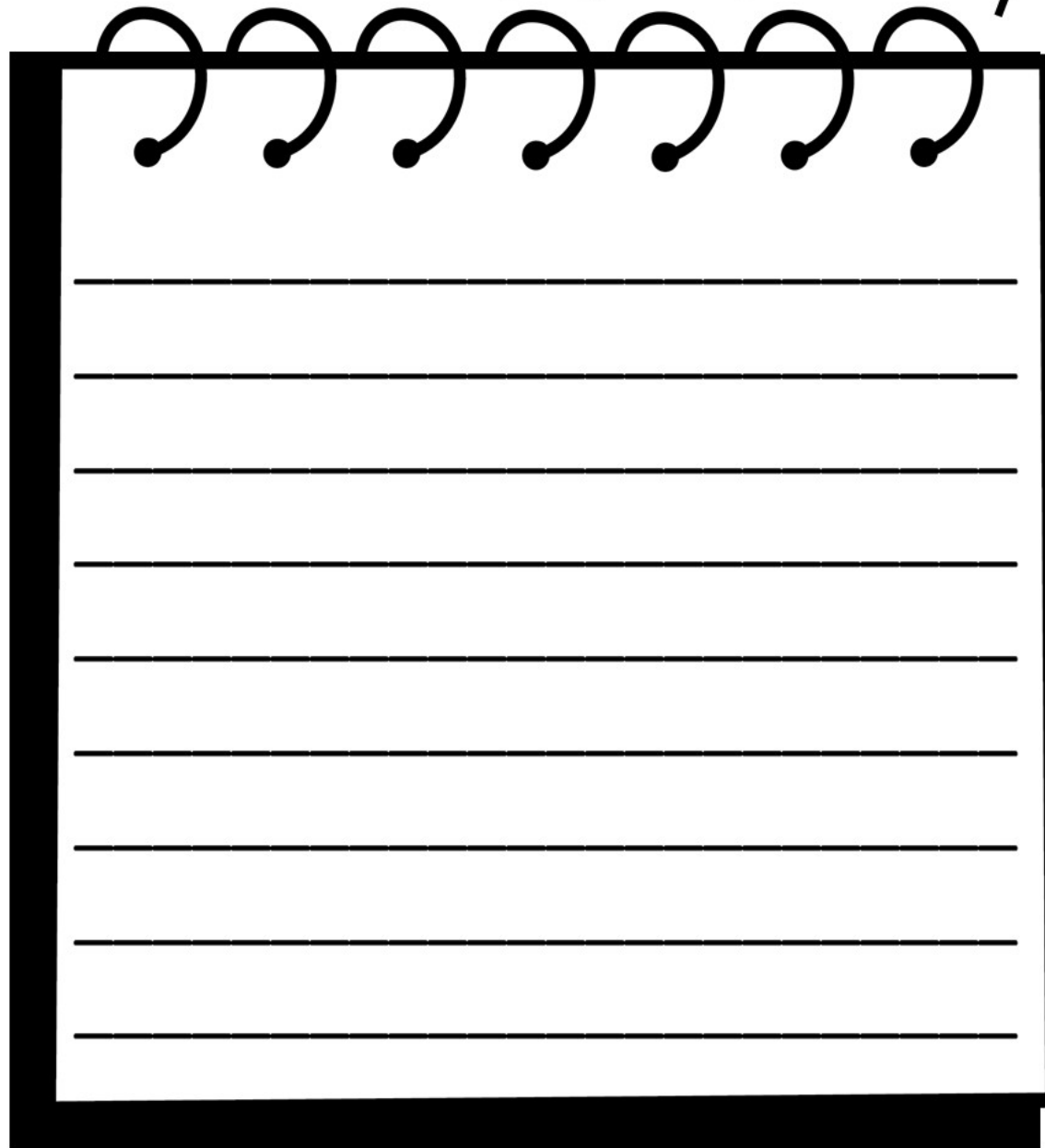
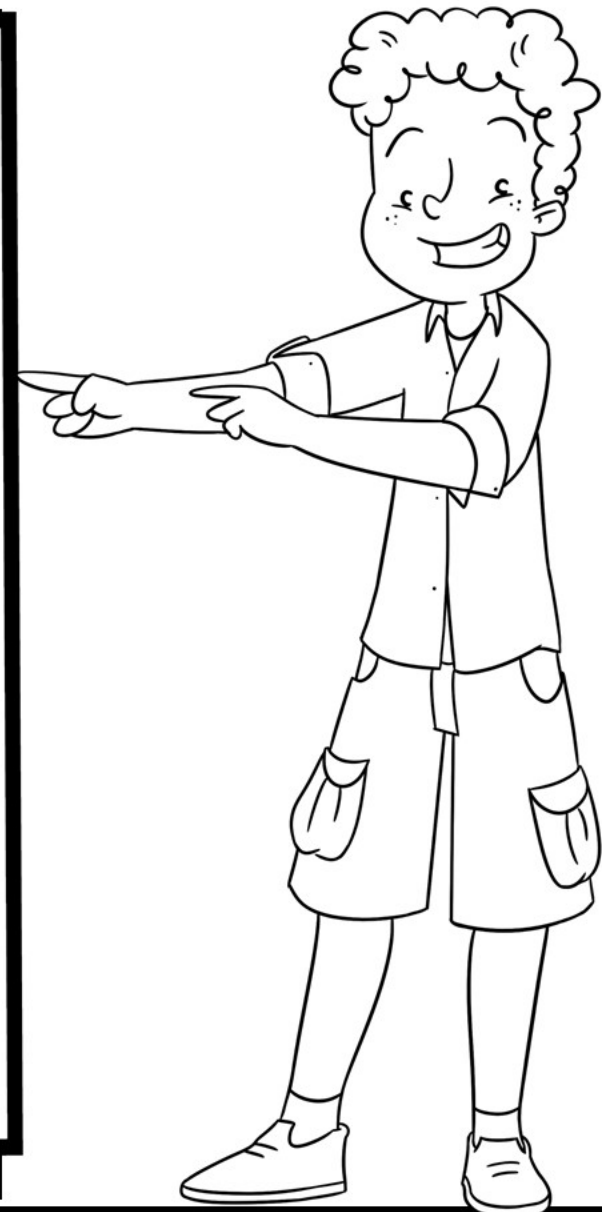


Sports teams, music, or activities

Let's share more about our **WORRIES**
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A large, blank, lined sheet of paper for writing, resembling a notepad or worksheet. It has a thick black border and horizontal lines for writing.

How is middle school **DIFFERENT**
from elementary school?

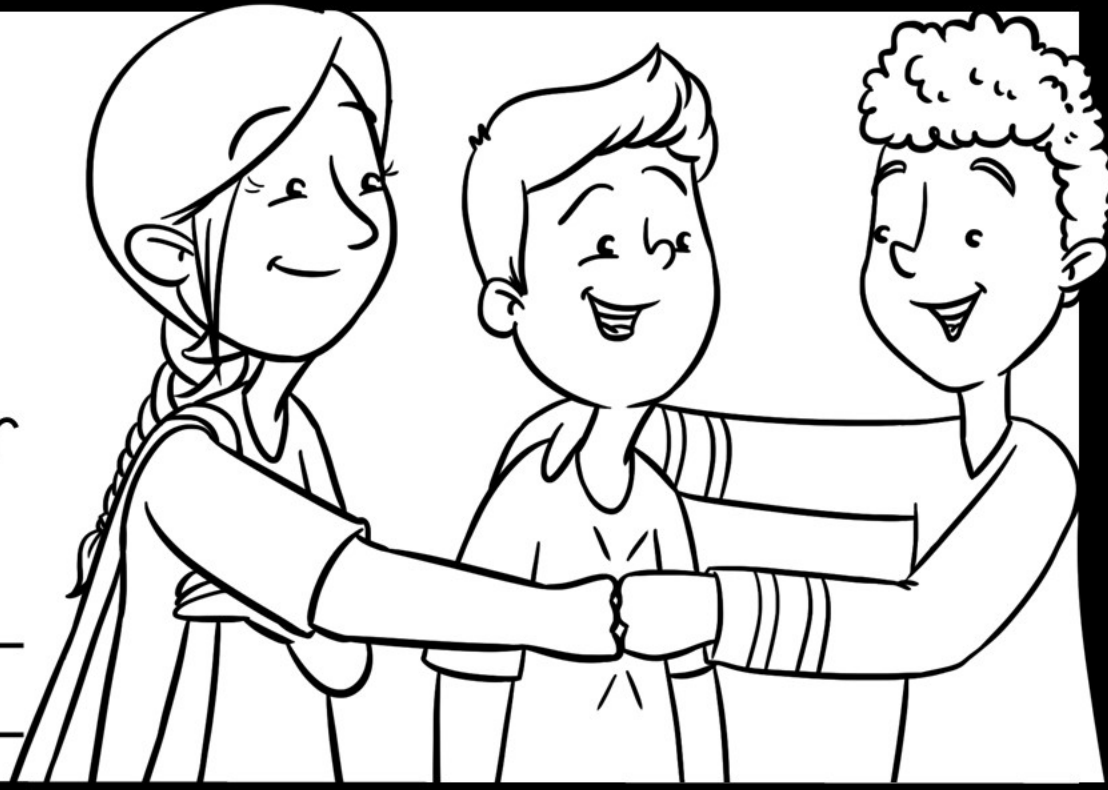
A large spiral-bound notebook with ten horizontal lines for writing. The spiral binding is at the top, and the notebook is open to a blank page.

7 differences between ELEMENTARY & MIDDLE SCHOOL



1) New people to meet and new friends to make!

What qualities do you look for in a good friend?



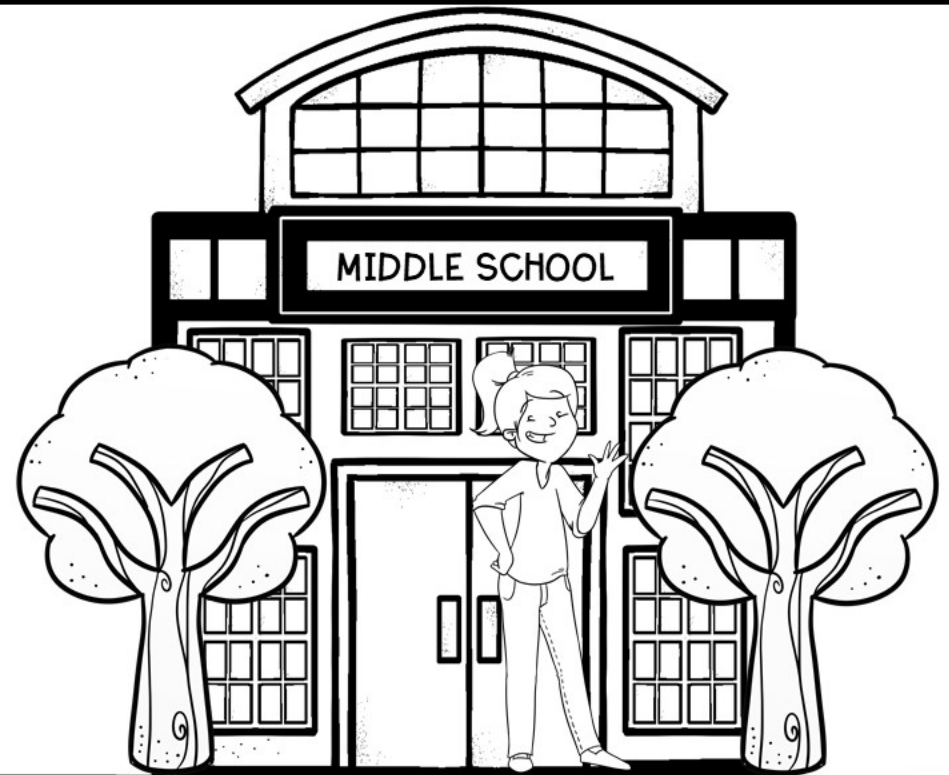
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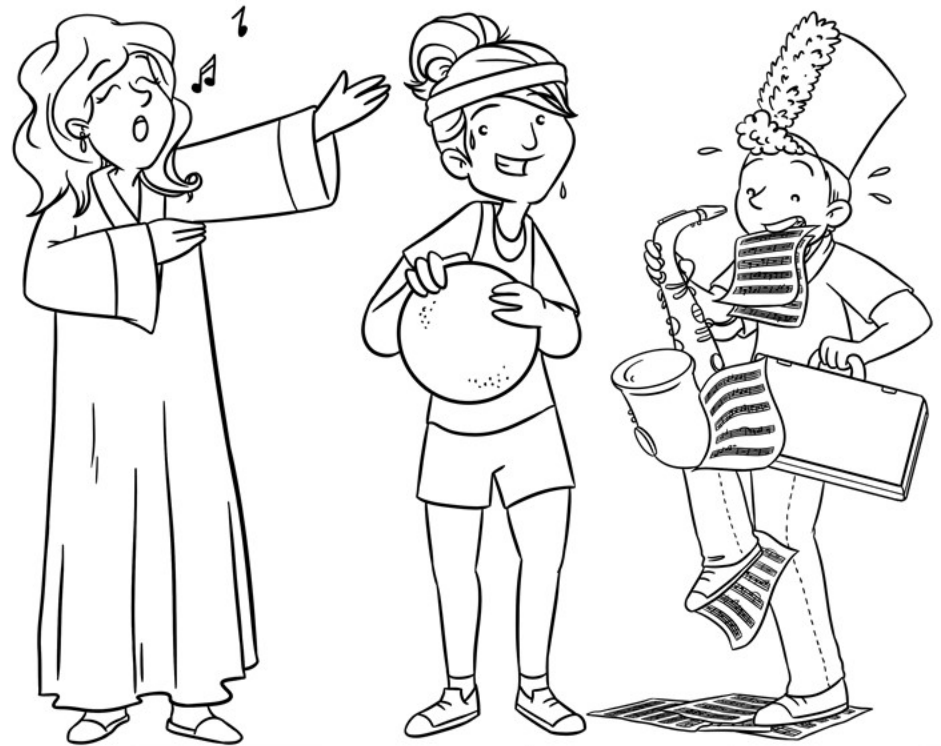


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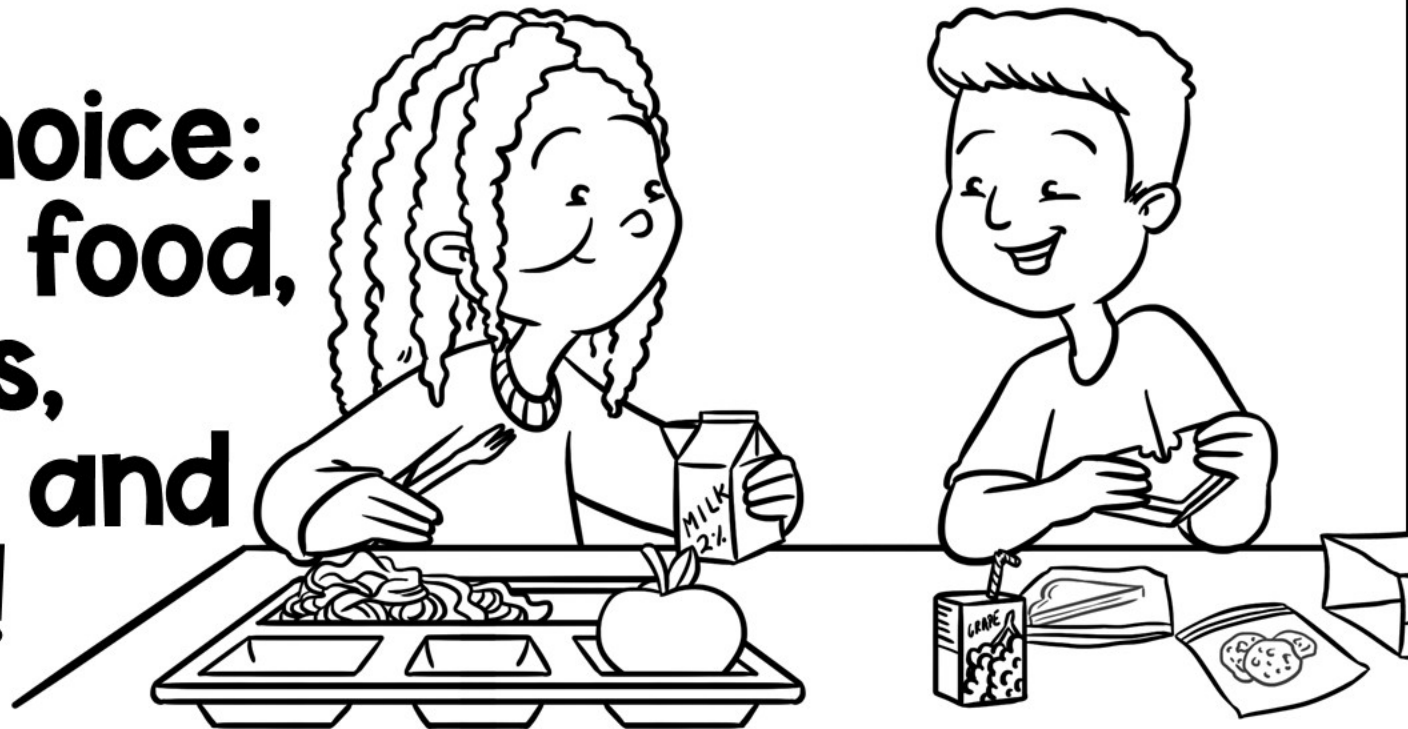


5) Join sports teams, clubs, and other activities!

What would you like to join?



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How do you feel about having your own locker?



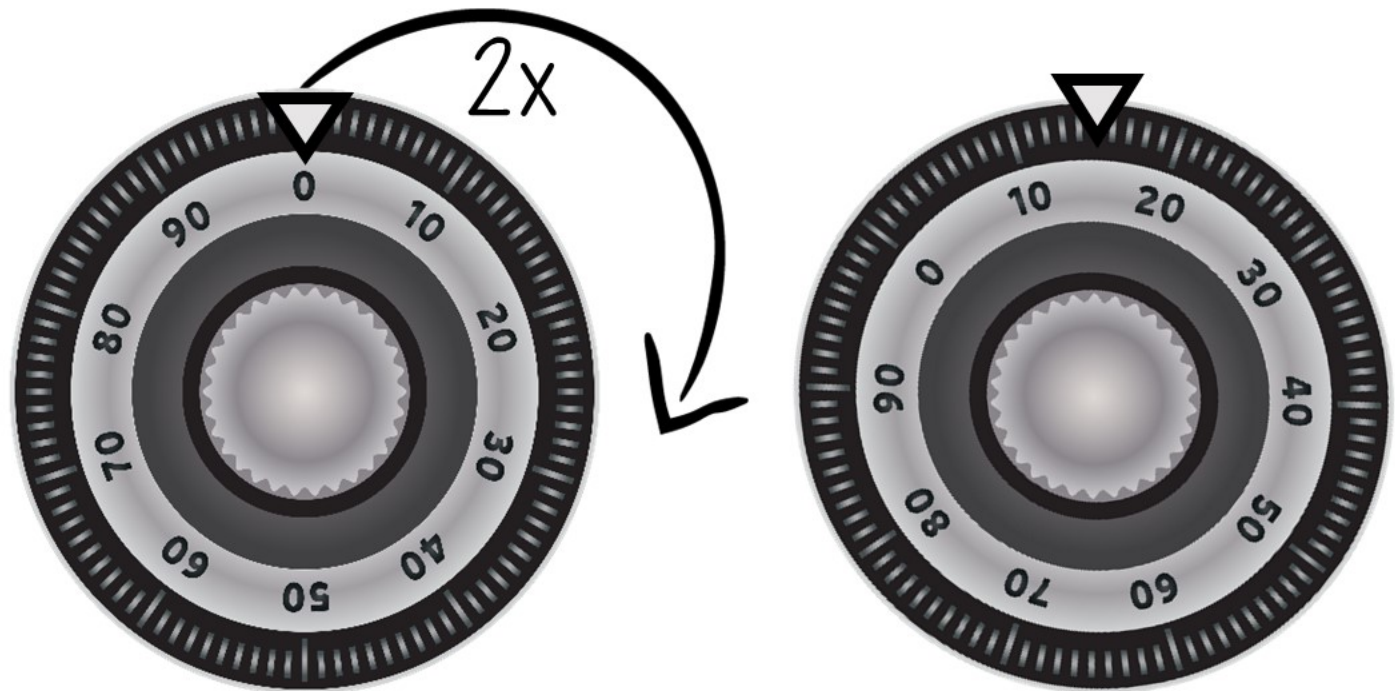
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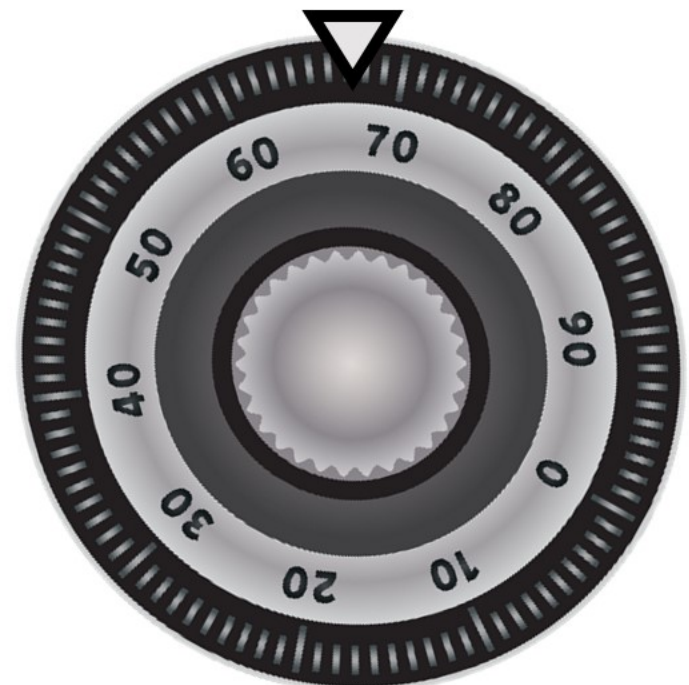
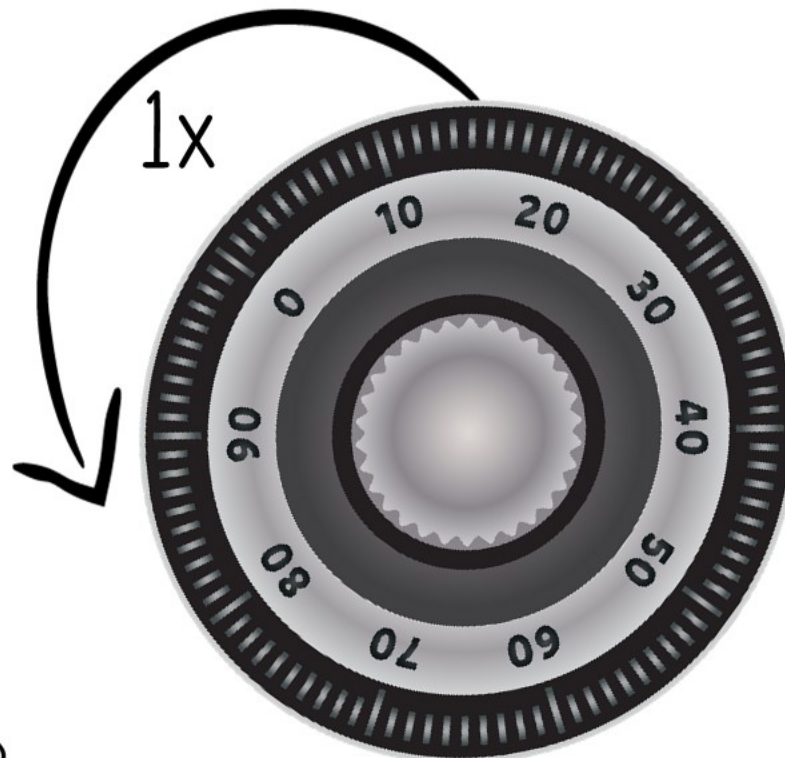
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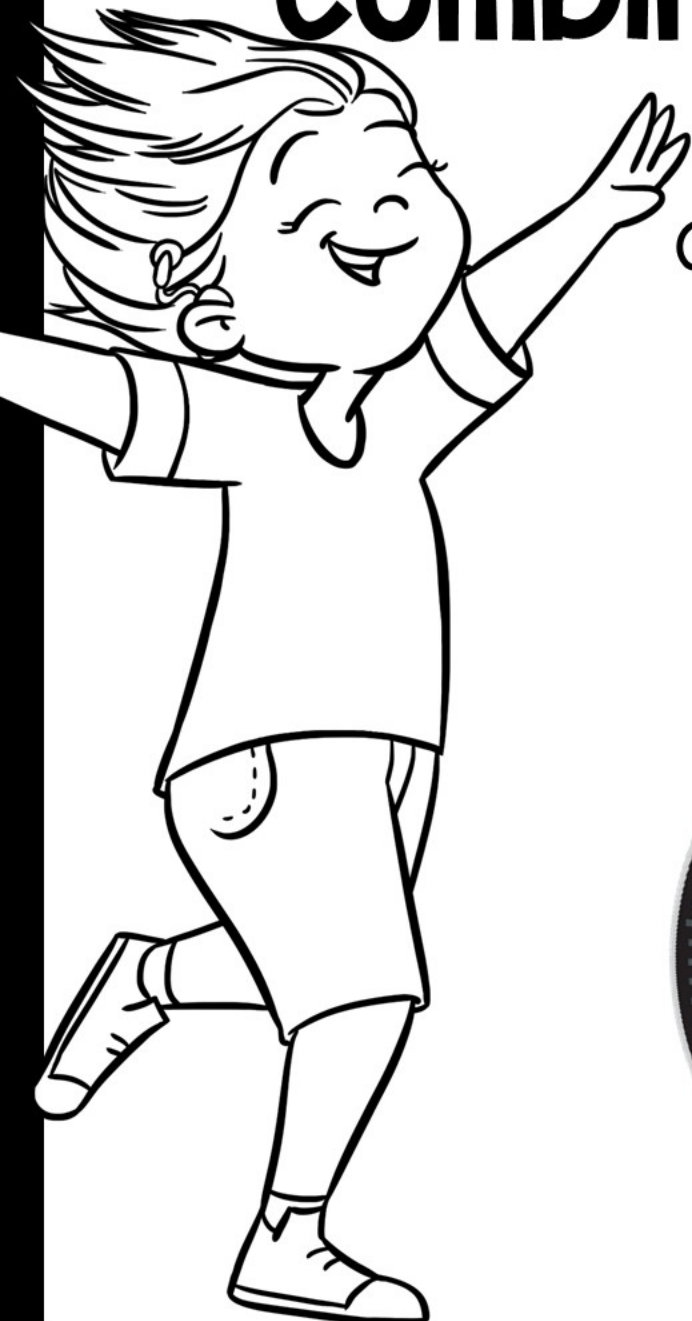
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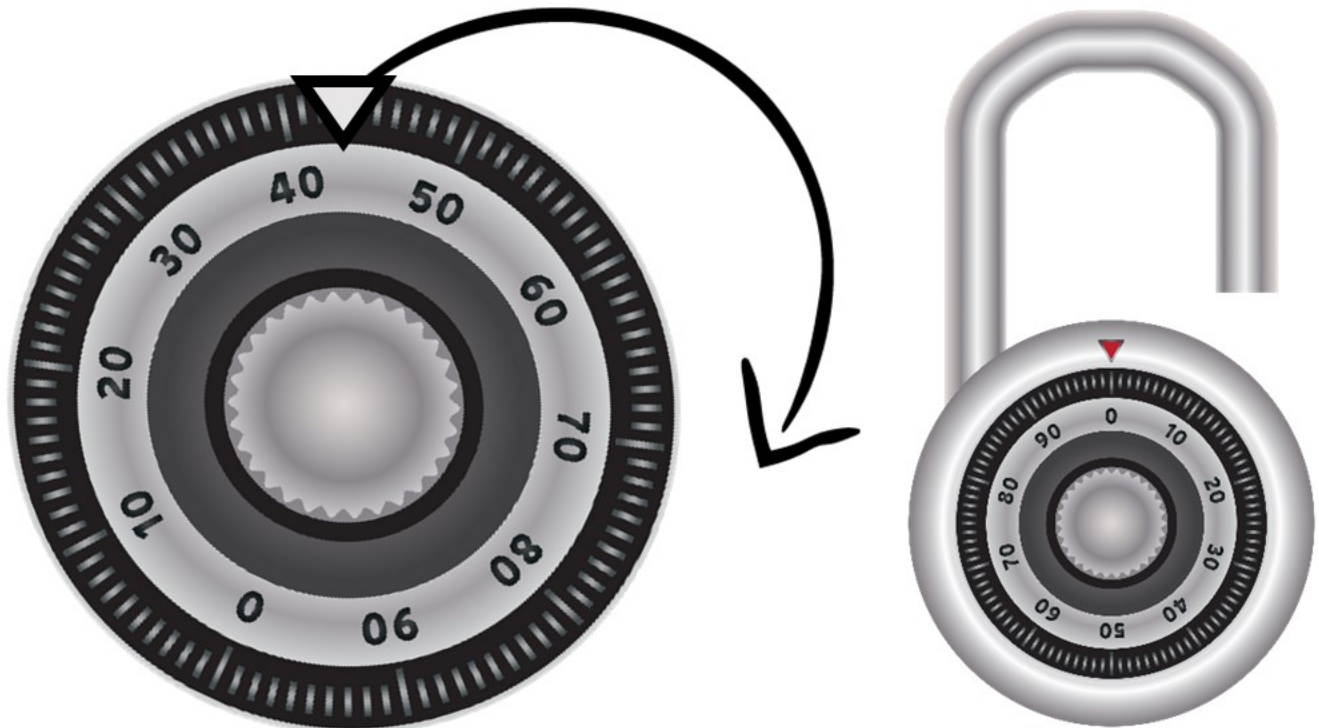
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Tips for Success in MIDDLE SCHOOL!

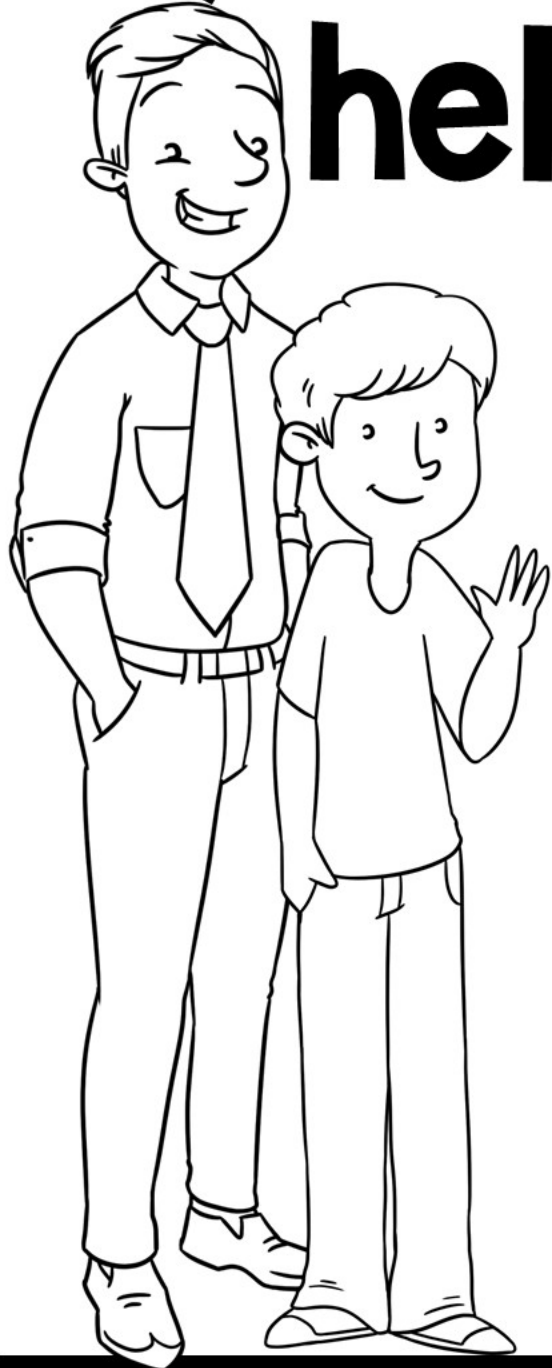


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- Clean out your desk once a week.

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3) Join, join, join!



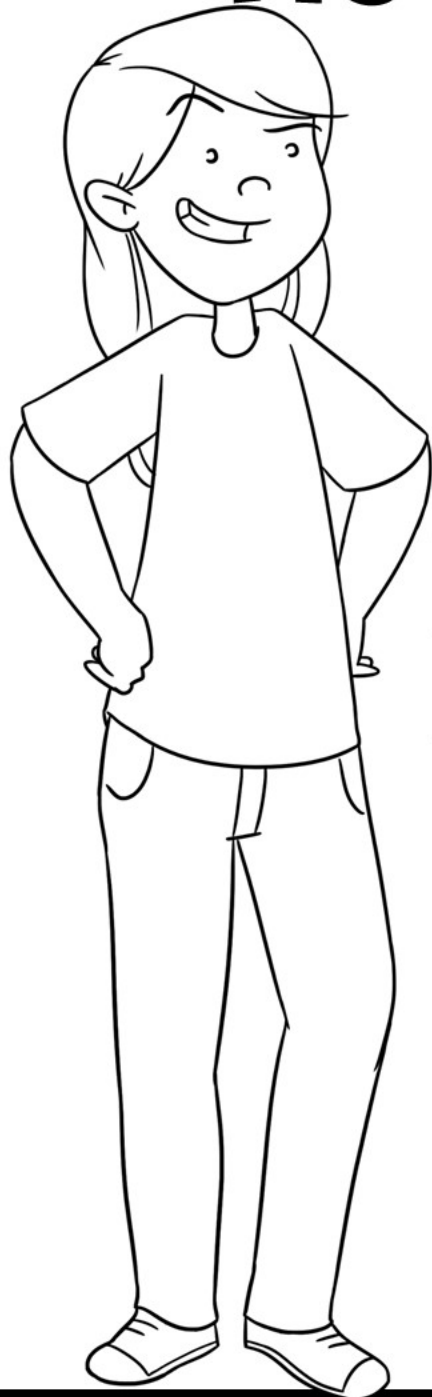
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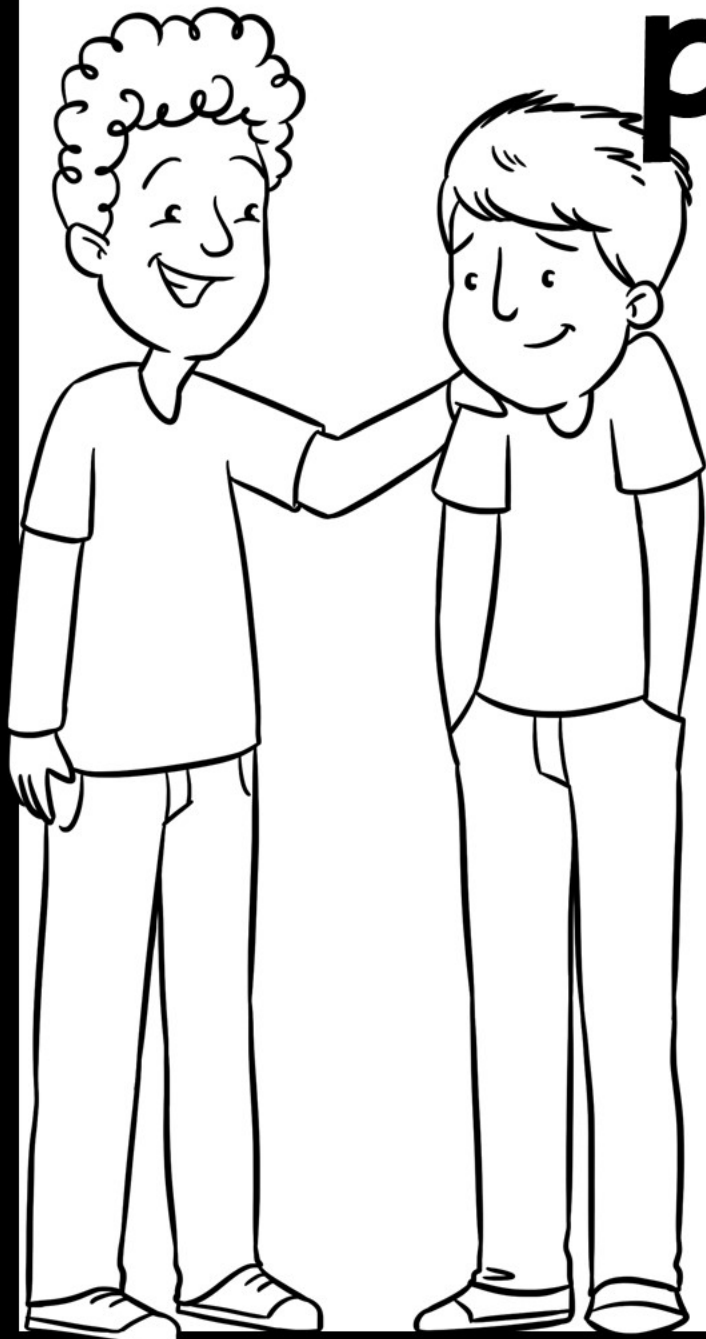
How to handle peer pressure:



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-
-

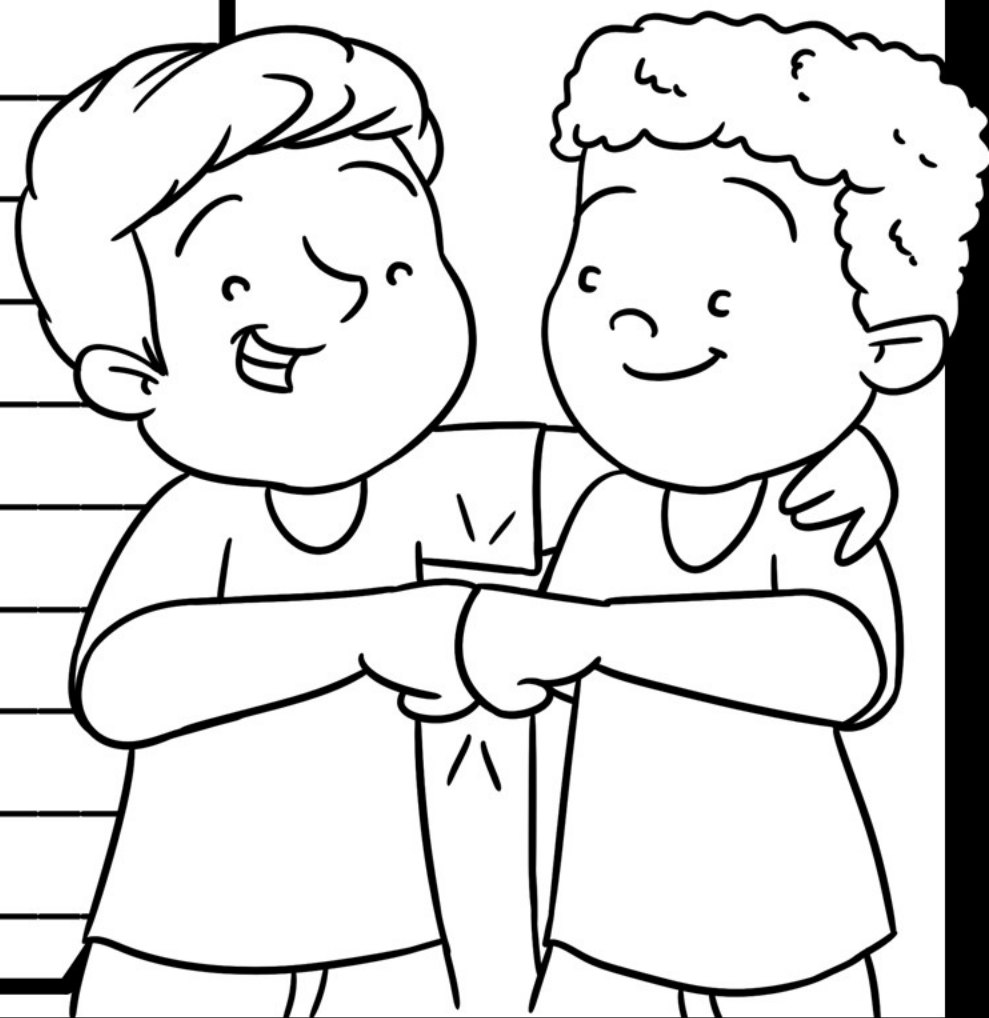
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- **LOOK FOR POSITIVE ROLE MODELS!** Who do you look up to? What kinds of choices have the heroes in your life made?

When I think about starting middle school, I am most excited about...

A black and white line drawing of a person's head and shoulders in profile, facing left. The person has short, wavy hair and is wearing a collared shirt. The background consists of horizontal lines, suggesting a height measurement chart or a writing template.

LET'S SET
GOALS
for Middle School
SUCCESS!



S.M.A.R.T GOALS:

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SPECIFIC: What exactly do you hope to accomplish? Be clear!

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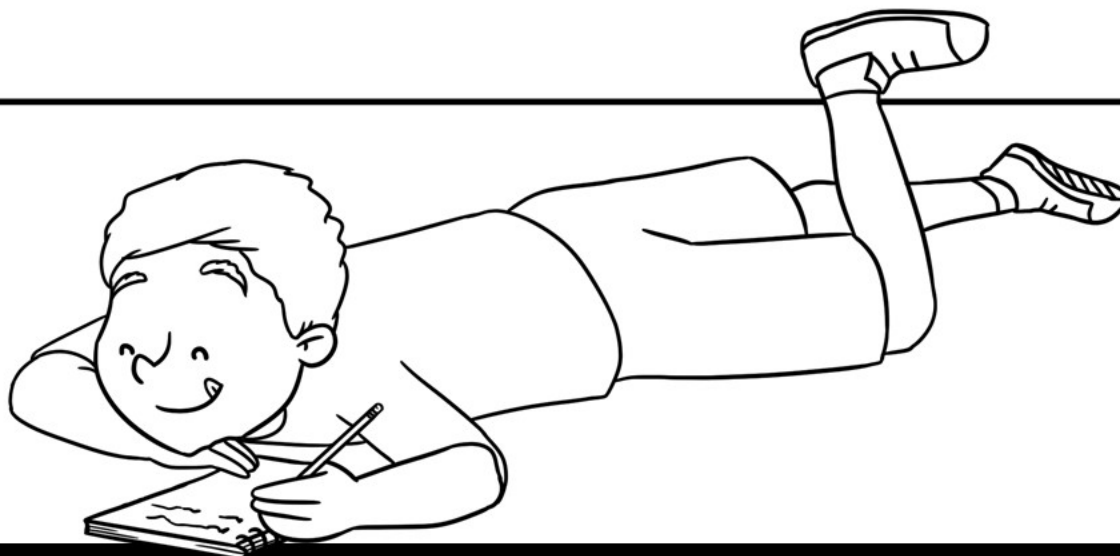
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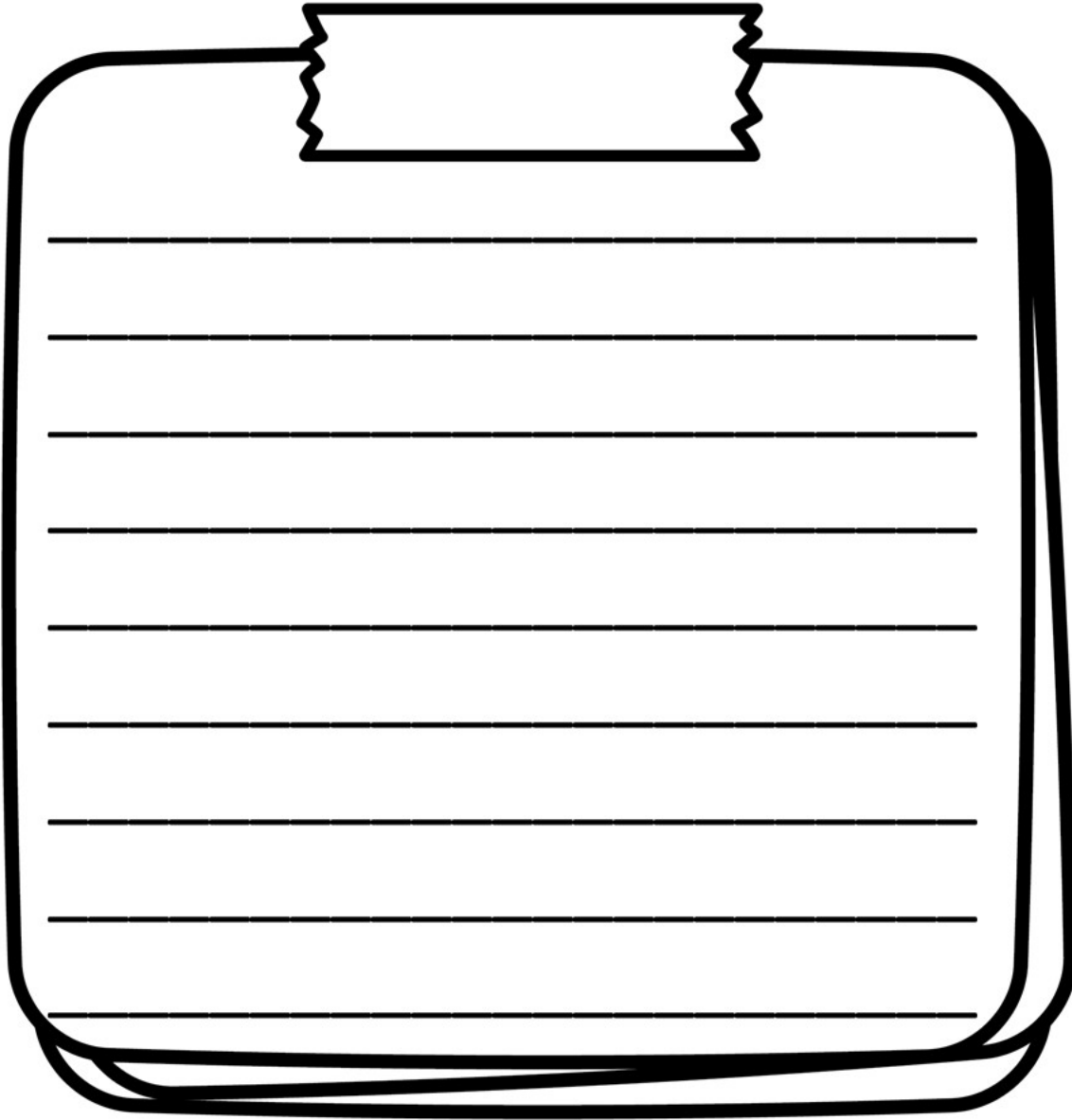
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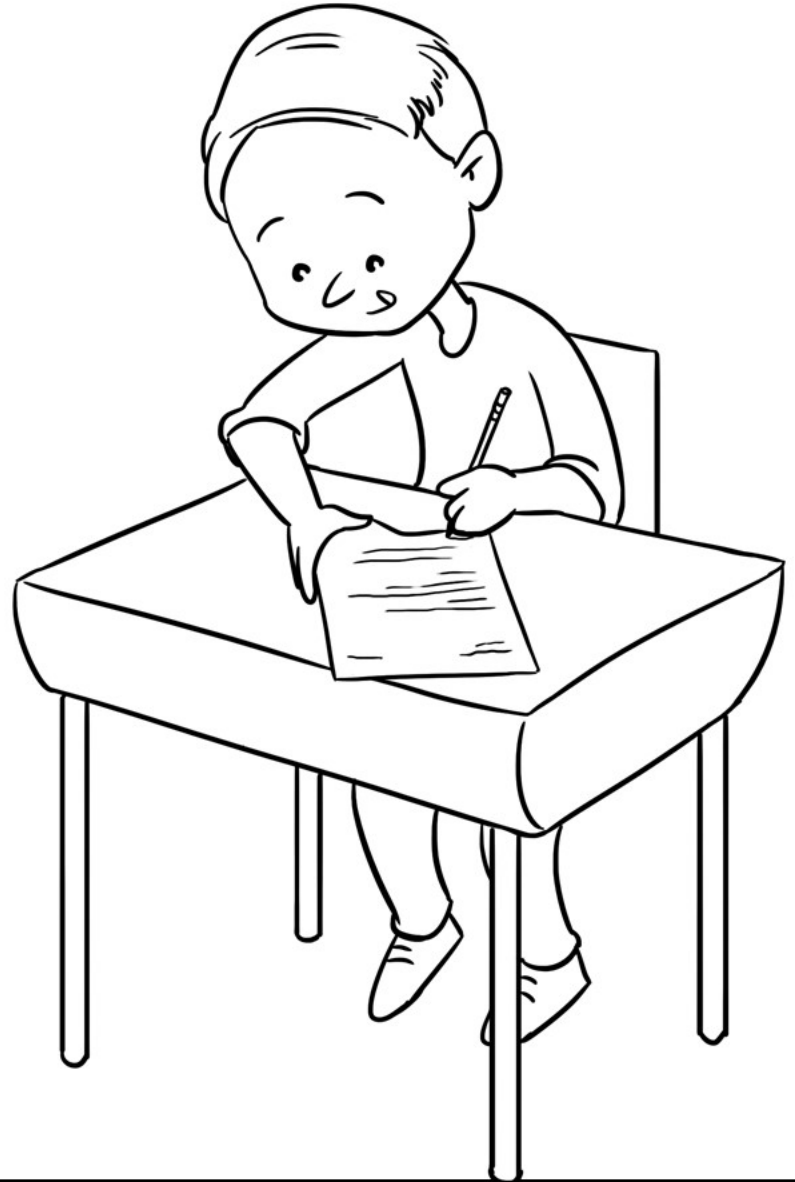


MY S.M.A.R.T GOALS

for Middle School Success!



A large, lined notepad with a blank space at the top for a title. The notepad has a thick black border and a small tab at the top center. It contains ten horizontal lines for writing.

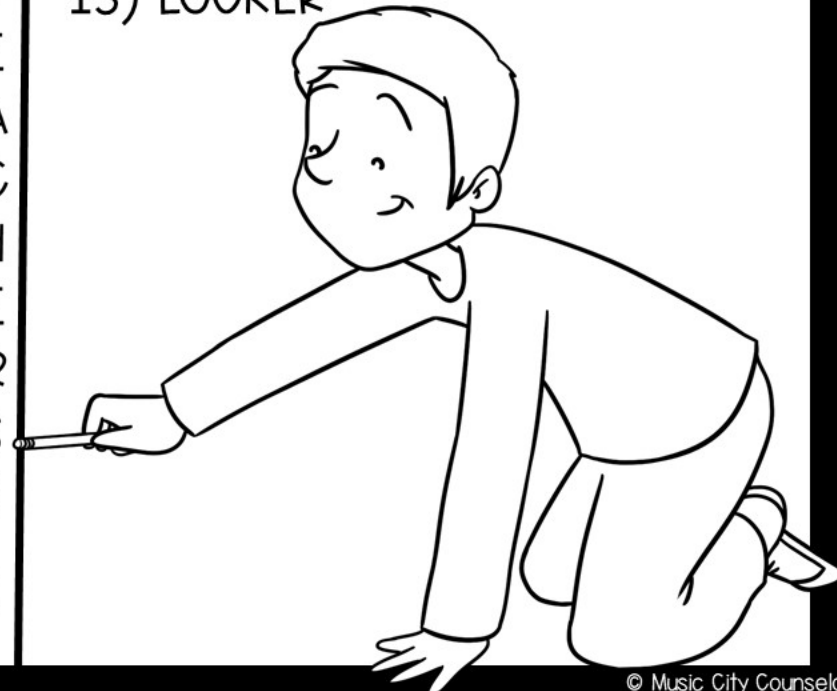


WORD SEARCH

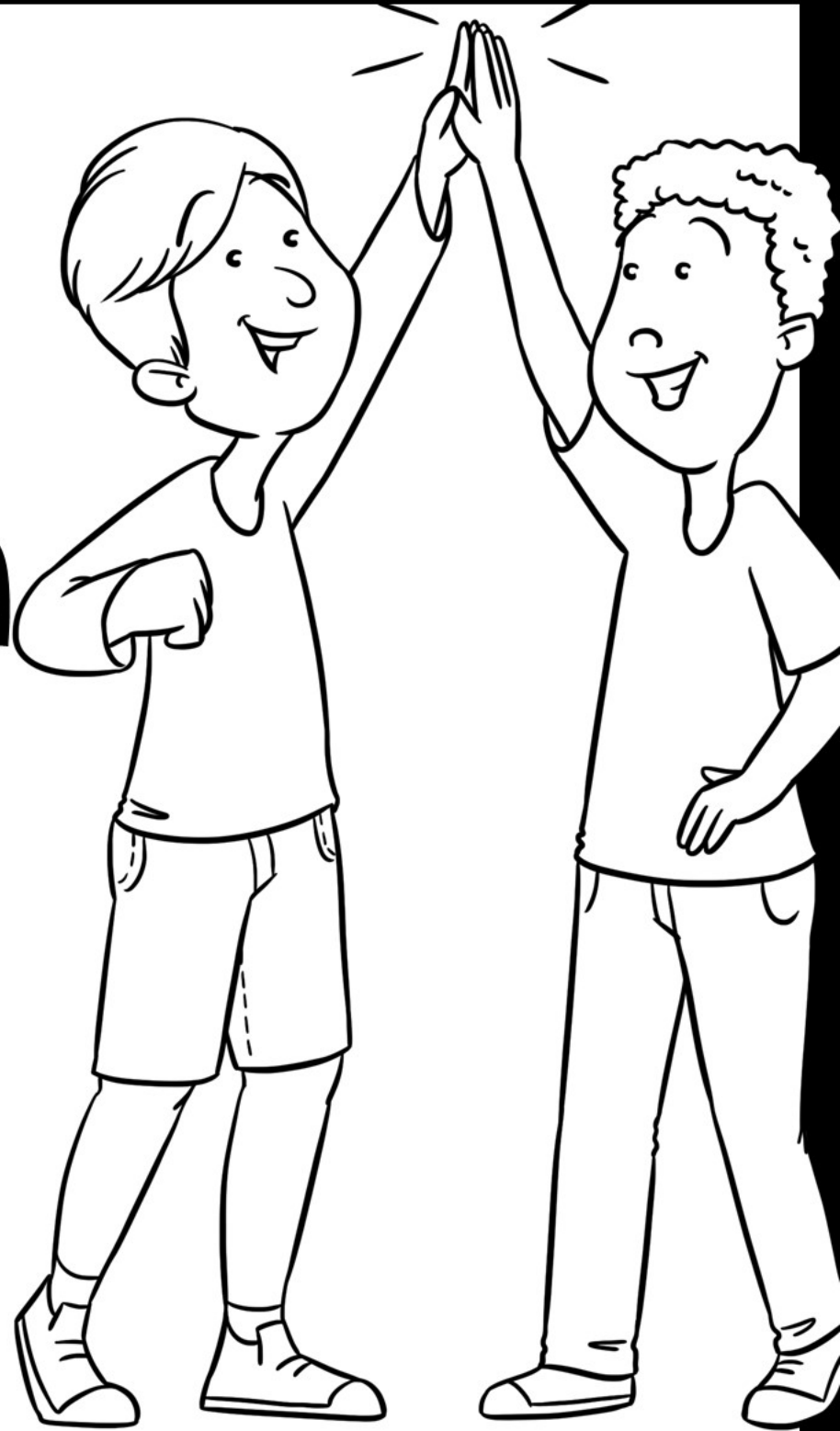
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S H D A X A V D D M N E A B L D R P C N
K U B X Q T L R E A N J Z M O Y C S A T
F S E T G O A L S M P Y P P C P E G T B
O P M M B G I X N G J S H S K V F K R N
R A W A R E O F P E E R P R E S S U R E
H L O J C M Z Q W G M J F O R Q Q A K W
E W D T P B B F F A K N P G R U I M N T
L X S S T A Y O R G A N I Z E D U O E E
P O A S M E Y F O P E M P B H H S G W A
E I C P N P V C H J X B J Q F Z A U C C
M A K E F R I E N D S R O N J B O T L H
I Y J O I N A C T I V I T I E S L I A E
P K P Z U X C V V A K R O G Y Y D Z S R
C O M B I N A T I O N L O C K S N N S S
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BEST
of luck to you in
MIDDLE
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