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[heartandmindteaching@gmail.com](mailto:heartandmindteaching@gmail.com)

♥  
*Ashley*

# GOOGLE SLIDES

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource.

1 Click here  [Middle School Worries](#)

2 You will be prompted to make a copy of the resource. Click on the blue box that says “Make a copy” and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



3 Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

4 Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

5 From here, you should see a grey box that says “Students can view file.” Click the grey box. A dropdown menu should appear. Select, “Make a copy for each student.”

**YOU HAVE TO MAKE A COPY FOR EACH STUDENT!**

Otherwise they will all be editing the same file.

Click “Assign” in the top right corner if you’re ready to post!

This product is meant to be used in “edit” mode (not “presentation” mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)

# MIDDLE SCHOOL WORRIES

## Session Objective:

\*Students will identify common worries and solutions to the Middle School transition.

## Materials:

\*Handouts, pencils.

## Guiding Questions:

\*What are common worries that students have when transitioning to middle school?

\*What are some ways to combat those worries?

## ASCA Standards Alignment:

\*Mindset: Sense of acceptance, respect, support and inclusion for self and others in the school environment. (M 2)

\*Behavior: Self-Management: Ability to identify and overcome barriers. (B-SMS 6)

\*Behavior: Self-Management: Ability to manage transition and adapt to change (B-SMS 10)

## SEL Competencies:

\*Responsible Decision-making: Identifying problems, Analyzing situations, solving problems.

## Session Details

\*Say "Today we are going to be talking about the transition to middle school and common worries that you might have with that big change. Let's go over some common worries students typically have about going to middle school, along with possible solutions and transition tips" (review p. 4 and 5). "Let's talk about some positive things about going to middle school, what are you most excited about middle school?" (complete p. 6). "Next, we will read some scenarios together about what some students are worried about regarding middle school, and we will discuss their options and what you would do" (complete as a group p. 7-12). "Now that we have practiced handling stressful and worrisome scenarios, let's try to solve some problems and handle worries on our own." (complete individually p. 13-22). "Wouldn't it be nice to hear from an actual middle schooler? They have the best advice since they have been through the same transition that you are going to experience. Let's write a letter to them asking for their tips and tricks." (complete p. 23-24).

Partner with your local middle school to have some students write letters back to the 5<sup>th</sup> graders (give them p. 25-26 to complete and return to you).

# MIDDLE SCHOOL WORRIES

## Common Worries

Combination locks

Bullies/upperclassmen

Peer pressure

Not having friends

Too much HW

Tough/hard classes

Being too different

Bigger building/  
getting lost

Being late for  
class/bell schedule

New teachers  
and kids

## Solutions

Practice using the lock at home.

Plan to walk with friends in the hallway.

Practice saying no, have ready to go excuses.

Join a club/school activity/team.

Use agenda, utilize time management.

Use study skills.

Practice positive self-talk/affirmations.

Visit the school during open house, practice walking to your classes.

Use a school map to make a plan for how to get from class to class.

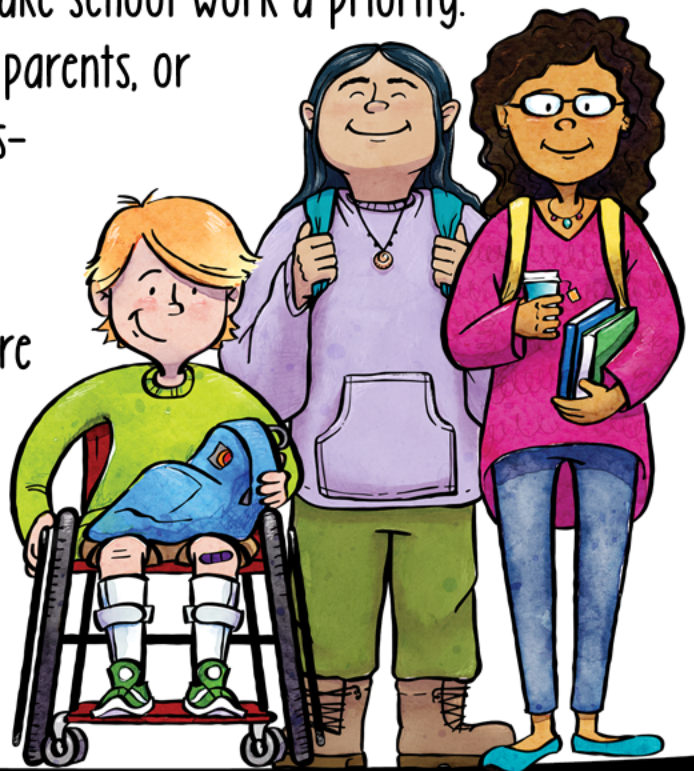
Make sure to utilize the meet the teacher event & any other "meetups" for incoming middle schoolers!





# MIDDLE SCHOOL TRANSITION Tips

1. Join a club, team, or activity. This will be the quickest and easiest way to make friends and feel "a part" of something.
2. Take a tour of the campus to familiarize yourself with the classrooms on your schedule so that you know where you are headed and do not get lost or become late.
3. Don't miss the opportunity for a "Meet the Teacher" event- this will ease your worries on meeting the teacher the first day and jumpstart the "getting to know you" process.
4. Stay organized- have a good backpack with designated binders or folders for each class. Write your locker code in your phone or on a paper that you know you will see. Memorize this locker code, you will need it all year long.
5. Prioritize- put first things first and make school work a priority.
6. ASK for help- from teachers, coaches, parents, or friends. They can help you with all things- academically + socially.
7. Be yourself- authentically and whole-heartedly. Stay true to who you are with how you speak, act, and work.
8. ENJOY- you get to be in charge of this experience and it is up to you to go into these years with a positive mindset and attitude..... YOU'VE GOT THIS!



# LOOKING FORWARD TO MIDDLE SCHOOL



What are you looking forward to about Middle School?

# Discussion Questions

- \*What are the different choices Sutton can make?
- \*What are the benefits and consequences of each decision?
- \*How will each decision make her feel?
- \*What do you think Sutton should do?



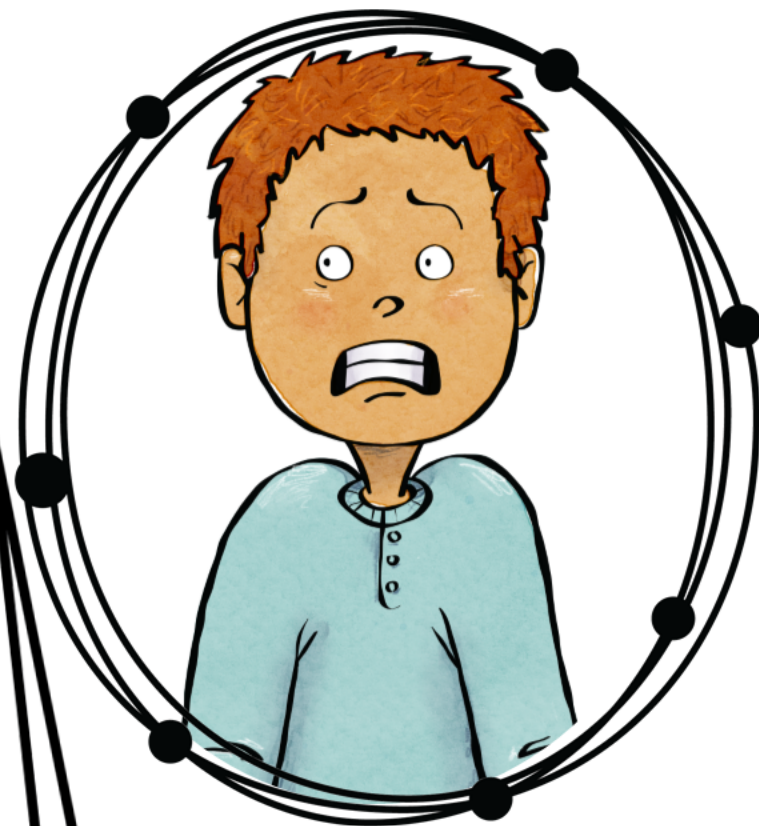
## MIDDLE SCHOOL WORRIES

Sutton has been so excited about middle school and couldn't wait for the year to start. Even more, she was thrilled to join the school basketball team and was equally as eager to meet her new teammates. On the first day of practice, Sutton was approached by Ellie, a well-known, all-star player. Ellie told her that in order to really get on her teammates' good side, she needed to first prove her loyalty by playing a prank on Traci, the team's coaching assistant. Sutton felt immediately stressed. She knew this was not how her parents raised her, but she would give ANYTHING to be popular and well-liked by her teammates. "This could be a quick way "in" with my new teammates," she thought, "but I know this isn't the right thing to do."



# Discussion Questions

- \*What is Christopher struggling with?
- \*What advice would you give Christopher?
- \*What are some advantages of having new (and multiple) teachers?
- \*What do you think Christopher should do?



## MIDDLE SCHOOL WORRIES

Christopher loved school, loved his friends, and most importantly, loved his routine. He liked being in his perfect little comfortable box where he thrived and was his best self. But there was one problem. Christopher was headed to middle school in a few short months and his whole idea of "comfort" was about to be turned upside down. His biggest fear of the whole ordeal was having all of these brand new teachers that he knew nothing about. At least with his elementary school he had seen these teachers around for years and knew their reputations. What if these new middle school teachers are mean? What if they don't like me and don't understand me? What if their classes are super hard? Christopher had this wave of emotions rush over him as he thought about the upcoming year and all of the challenges it could bring.



# Discussion Questions

- \* What is Landon struggling with?
- \* What advice would you give Landon?
- \* What are some ways to handle the work load in middle school?
- \* What do you think Landon should do?



## MIDDLE SCHOOL WORRIES

"Homework is easy, Mom!" Landon replied as his mother reminded him to make sure he got his work done BEFORE doing any other activities. "Honey," his mom said, "enjoy it now, because it will not always be this way." "What do you mean?" Landon questioned, with a sense of disbelief in his voice. Landon's mother took a deep breath as she began to explain, "sweetie, middle school will be here before you know it and your homework is going to be MUCH more difficult and time consuming." This made a rush of fear and worry take over Landon's body as he thought about the difficulties that he could be facing. Homework had ALWAYS been easy for Landon, but he never thought about the possibility of it not always being that way. The more Landon thought about middle school, the more he worried that he was not going to be able to handle the work that came with it.

# Discussion Questions

- \*What is Brooke struggling with?
- \*What advice would you give Brooke?
- \*What are some advantages of meeting new people?
- \*What do you think Brooke should do?

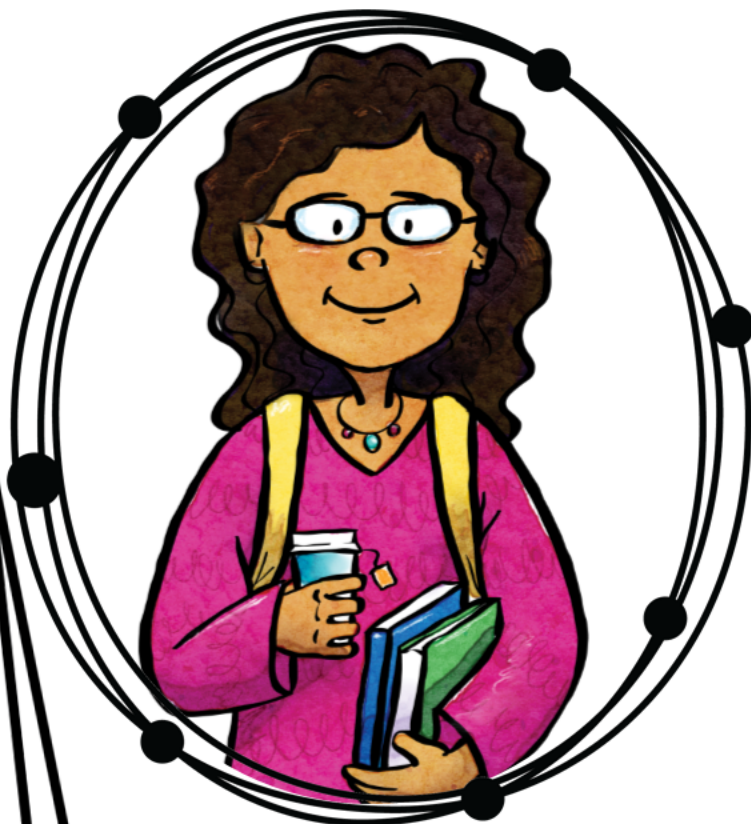


## MIDDLE SCHOOL WORRIES

The thought of going to middle school terrified Brooke. It worried her to her core. Everything about it was scary, but the biggest fear of all was having to meet new people from all different elementary schools. Not to mention, there was also the potential of not seeing her old friends either. This truly felt like the end of the world. Brooke had a wonderful group of friends throughout elementary school, but it was small and very selective. She worked hard for those friendships, as it has never been something that came super easy for her. She knew friends were important to her middle school experience, but she just could not fathom the idea of having to start over and make new ones.

# Discussion Questions

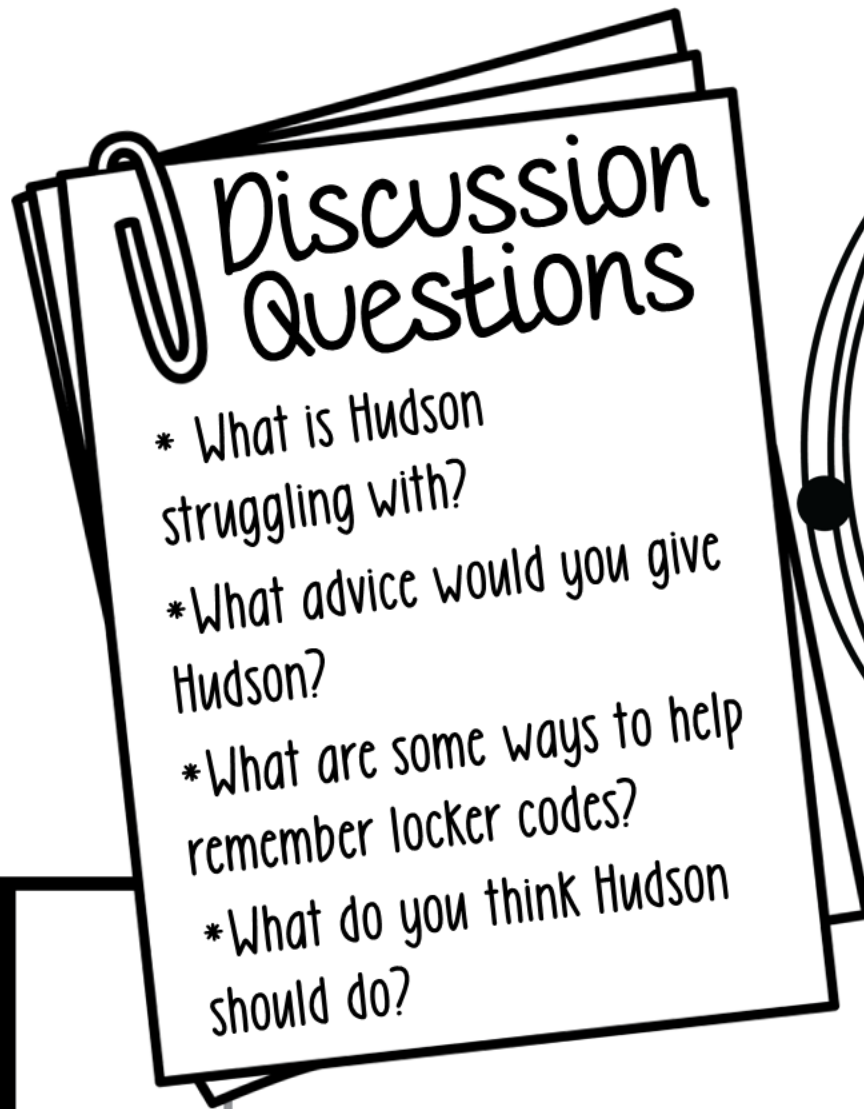
- \*What is Sophie struggling with?
- \*What advice would you give Sophie?
- \*What are some ways to prepare for the large school and new schedule?
- \*What do you think Sophie should do?



## MIDDLE SCHOOL WORRIES

Sophie is a very organized person with a detailed planner that she carries with her everywhere she goes. Her planner contains a range of all of her activities, to do lists, and assignments. Sophie's planner speaks for itself when it shows the evidence that she has her day planned down to the very second. She is never late and always knows what she will be up to next and where. The thing that worries Sophie about middle school is that she feels like her schedule is going to be hard to maintain. Unlike middle school, her elementary schedule was smooth, easy to follow, and all of the rooms were in close proximity. When Sophie goes to middle school, on the other hand, her schedule will be scattered and the classrooms are going to feel like they are worlds apart. Sophie frets that she is going to be running around frantic, frazzled, and even worse. LATE!





## MIDDLE SCHOOL WORRIES

Hudson is good at many things, but “remembering” is not one of them. He often struggles remembering deadlines, passwords, and even after school plans. He does his best to write things down, but even then, he can forget where he put the paper he wrote things down on. Hudson’s biggest fear about middle school? The lockers. How in the world is he going to remember the code to something that holds EVERYTHING he needs for school? Will he forget to lock it? Will he even remember which locker is his?



# MIDDLE SCHOOL WORRIES

Read the Middle School scenarios and respond with what you think they should do.

George is scared of bullies, he heard they are really bad in Middle School. How can he handle this?



Landon is a homework rockstar and it has always come easy to him. He is worried when his mom tells him about how hard middle school homework is known to be. How should Landon approach this?



Making friends was not something that came easy for Brooke. She had her core friend group, but now was going to have to start all over going into middle school. What should she do to help her situation?



# MIDDLE SCHOOL WORRIES

Read the Middle School scenarios and respond with what you think they should do.

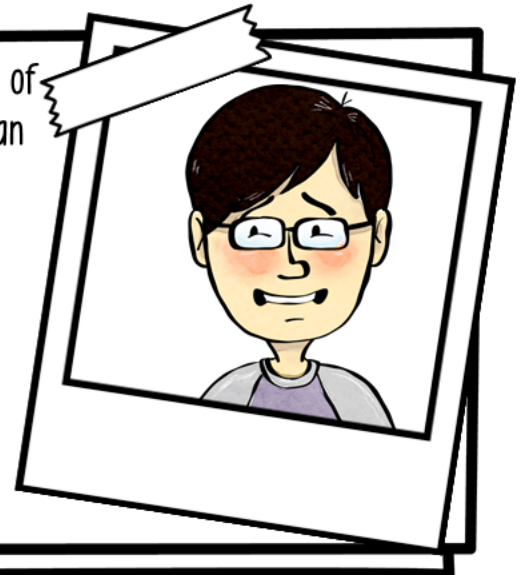
Hudson does not have a good memory and is afraid of having to memorize his new locker number. How does he best handle this situation to set himself up for success?



Tom is worried about having new teachers and classmates that he has never met before. What can he do?



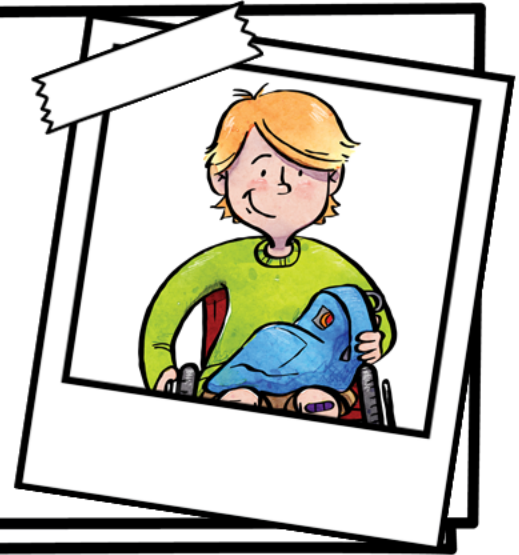
Kenzo is terrified of having a new schedule in middle school. The thought of him not having classes with all of his friends makes him feel sick. How can he handle this?



# MIDDLE SCHOOL WORRIES

Read the Middle School scenarios and respond with what you think they should do.

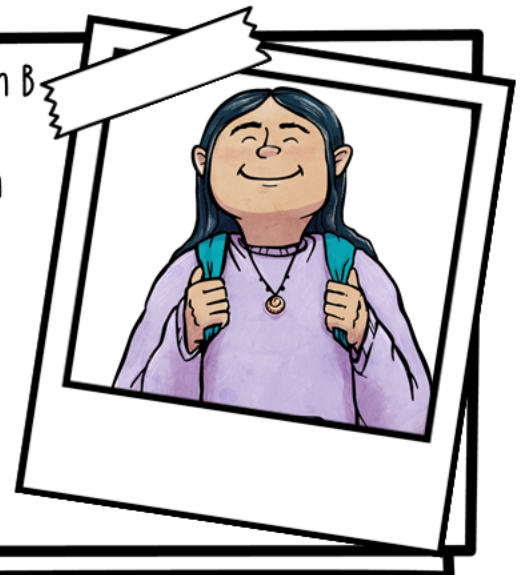
Tucker got a bad grade on his first middle school science test ever. He is worried that he is going to disappoint his parents and that all of middle school is going to be this hard. What can Tucker do in this situation?



Sutton is excited to be on the new volleyball team, but is peer pressured by one of the girls to prank the assistant coach. She wants to be liked, but does not know how to respond to this. What should she do?



Jalen is worried that he is not going to be able to get from math class in B Hall all the way to science in G Hall in the 5 minutes they allow between bells. He feels like he will always be late and in trouble. What could Jalen do to handle this?



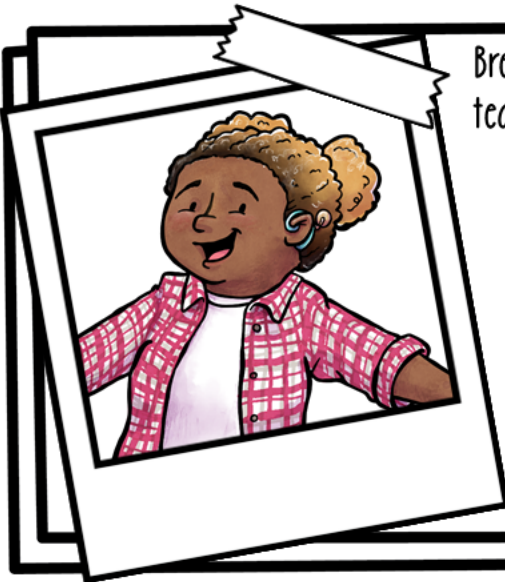
# MIDDLE SCHOOL WORRIES

Read the Middle School scenarios and respond with what you think they should do.

Kennedi has always felt that she was a little different than others. She is afraid she is not going to fit in at middle school, and might even get made fun of for being weird. How could Kennedy approach this worry?



Brett is a naturally shy guy, and is worried about meeting all of these new teachers and students in a brand new place. How can he tackle this worry?



Andrew loved how each class he has always had was in the same hallway and the same every day. When he heard about how middle school schedules alter days (A Day VS B Day) and that classes would be across the campus from each other, he panicked. How can Andrew handle this?





# MIDDLE SCHOOL WORRIES

Read the Middle School scenarios and respond with what you think they should do.

Ethan started middle school just last week. There is a kid in his social studies class that has already started being mean and purposefully bumping into him. How can Ethan handle this situation?



Alex has heard that the 8th graders at the middle school can be mean. Though he will be going into 7th, he worries that they will find a way to pick on him. How can he handle this?



Rebecca already feels like school can be hard. It has never come easy for her and she has heard middle school is going to be even harder. She is not feeling positive about tackling the new, tough classes ahead. How can she handle this?



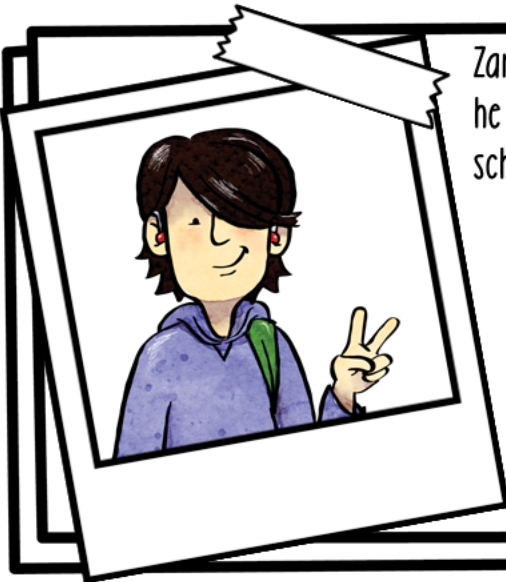
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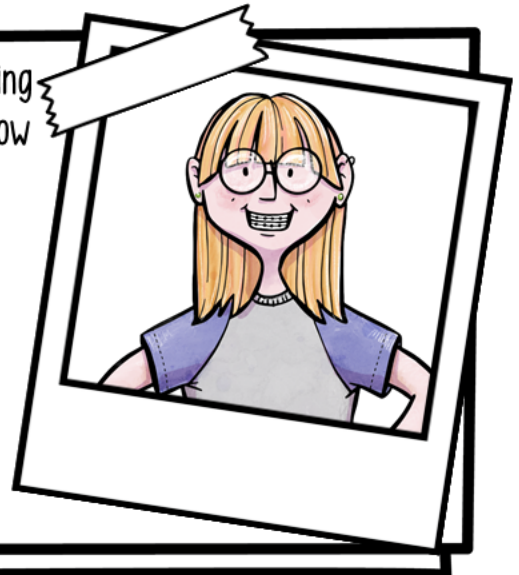
All Jaime has ever wanted to do was fit in. She feels middle school could be her chance for a fresh start to fit in to a new place. She is afraid she won't be accepted though, no matter how hard she tries. How can Jaime approach this?



Zane is anxious about getting into the middle school yearbook club. It is all he can think about all day long and his worry is starting to affect his schoolwork. What could Zane do to handle this feeling?



Angela has played soccer her entire life. It is all she knows and is something she loves. She is stressing about making the middle school soccer team. How can Angela handle this?



# MIDDLE SCHOOL WORRIES

Read the Middle School scenarios and respond with what you think they should do.

Jenny REALLY wants her new friend Phoebe to come to her birthday party this weekend, even though they just met last week at their new middle school. She is really worried Phoebe is going to reject her and say no. What should Jenny do?



Sam and Matt have been best friends since the 2nd grade. After starting middle school, Sam is noticing that Matt is starting to change. How can Sam approach Matt about this?



Julie and Ali are both excited to join the middle school cheer team. They have been best friends forever and are excited to cheer together too. After tryouts, the girls learn Ali made the team, but Julie did not. How can the girls handle this situation?



# MIDDLE SCHOOL WORRIES

Read the Middle School scenarios and respond with what you think they should do.

Andre is proud of who he is and how "different" he can seem in comparison to others. He didn't think it ever bothered him how he can sometimes "be to himself." Until it was time to go to middle school. Andre is realizing now that maybe he will seem like he does not fit in at all. How can Andre approach this?



Shelly has begun to worry about the stress of managing 8 different classes in middle school. She barely was able to handle the 5 courses on her elementary schedule and just doesn't know how she will successfully keep track of it all how can Shelly approach this?



Nora is starting to worry she cannot handle all of the hustle and bustle that middle school brings. Between academics, social clubs, and sports, she is starting to feel like she is overly exhausting herself. She is even starting to notice some of her grades are slipping. What can Nora do?





# MIDDLE SCHOOL WORRIES

Read the Middle School scenarios and respond with what you think they should do.

Karen struggled with the thought of being able to rock the middle school image. What if her clothes were not good enough or as cool as the other girls? What can she do to handle this?



One of the new guys in Liam's PE class keeps calling him names in the locker room. Liam doesn't want to be a tattletale, but the name calling is really starting to bother him. How can Liam handle this?



Clara has made a new friend named Olivia at the start of middle school. Olivia is having a pool party next weekend and has invited Clara to come. The only problem is that Olivia told Clara to not invite any of her other friends. Clara worries her old friends are going to find out and be so upset with her. What should Clara do?



# MIDDLE SCHOOL WORRIES

Read the Middle School scenarios and respond with what you think they should do.

Ashley is stressed about the chaos of the middle school hallways. Will she be able to get to her locker between each period? What if she even forgets where her locker is? The thought of having to make an extra stop in between her transition to each class really overwhelms her. How can Ashley face this worry?



Ellie wrestled with the fact of making friends in middle school. Does she worry about the quantity of friends she wants to make or the quality of people she has around her. How does Ellie decide on this approach of making new friends?



Evan's pencil breaks in the middle of his test. He knows how strict Mrs. Smith is and how firmly she went over the expectations of no talking during the test. Evan is worried she is going to be mean and embarrass him. What should Evan do?



# Letter to a Middle Schooler

Tell me about  
Middle School!





# Letter to a Middle Schooler

Tell me about  
Middle School!



Things I want to  
know about Middle  
School:

My Name is:

Grade level:

Rumor  
about Middle School  
that I heard:



This is what I am most excited about in Middle School:



This is what I am NOT excited about in Middle School:

# Letter to a 5<sup>th</sup> Grader

Welcome to  
Middle School!



# Letter to a 5<sup>th</sup> Grader

Welcome to  
Middle School!



Tips to know about  
Middle School:

My Name is:

Grade level:

Myth  
about Middle School  
that's not true:



The best thing about Middle School:



The worst thing about Middle School:



# MIDDLE SCHOOL WORRIES

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# MIDDLE SCHOOL WORRIES

## Common Worries

## Solutions

Combination locks

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Peer pressure

Not having friends

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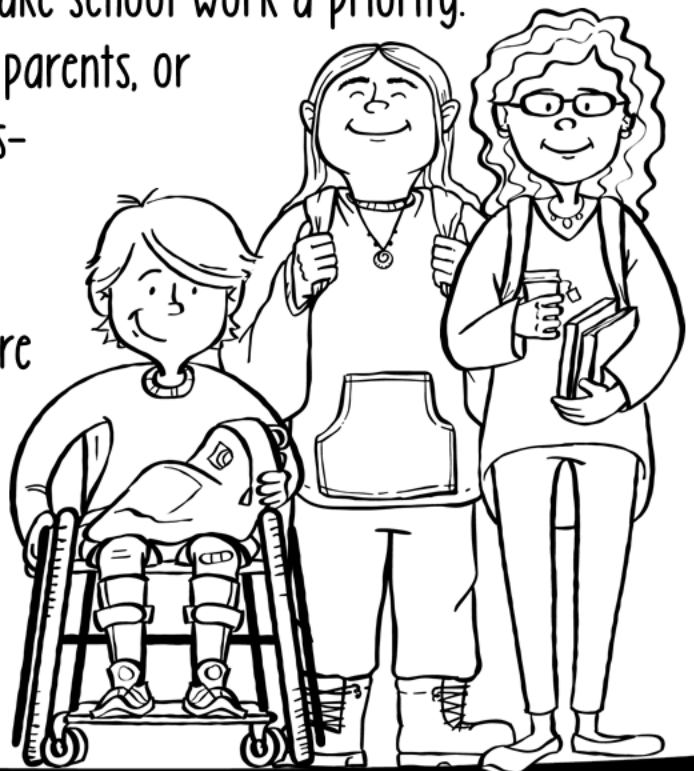
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# MIDDLE SCHOOL TRANSITION Tips

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# LOOKING FORWARD TO MIDDLE SCHOOL



What are you looking forward to about Middle School?



# Discussion Questions

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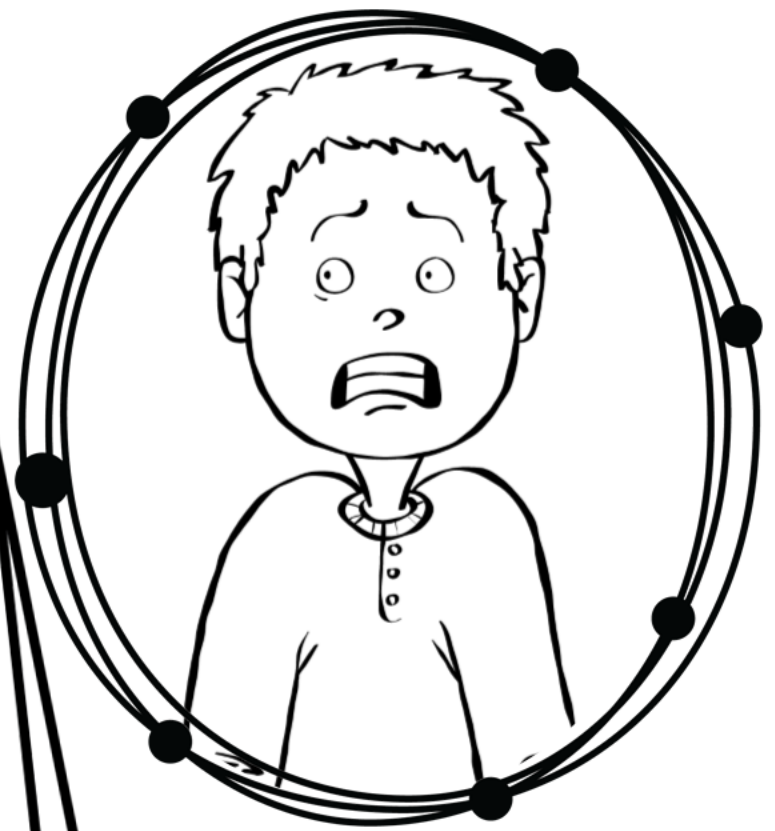


## MIDDLE SCHOOL WORRIES

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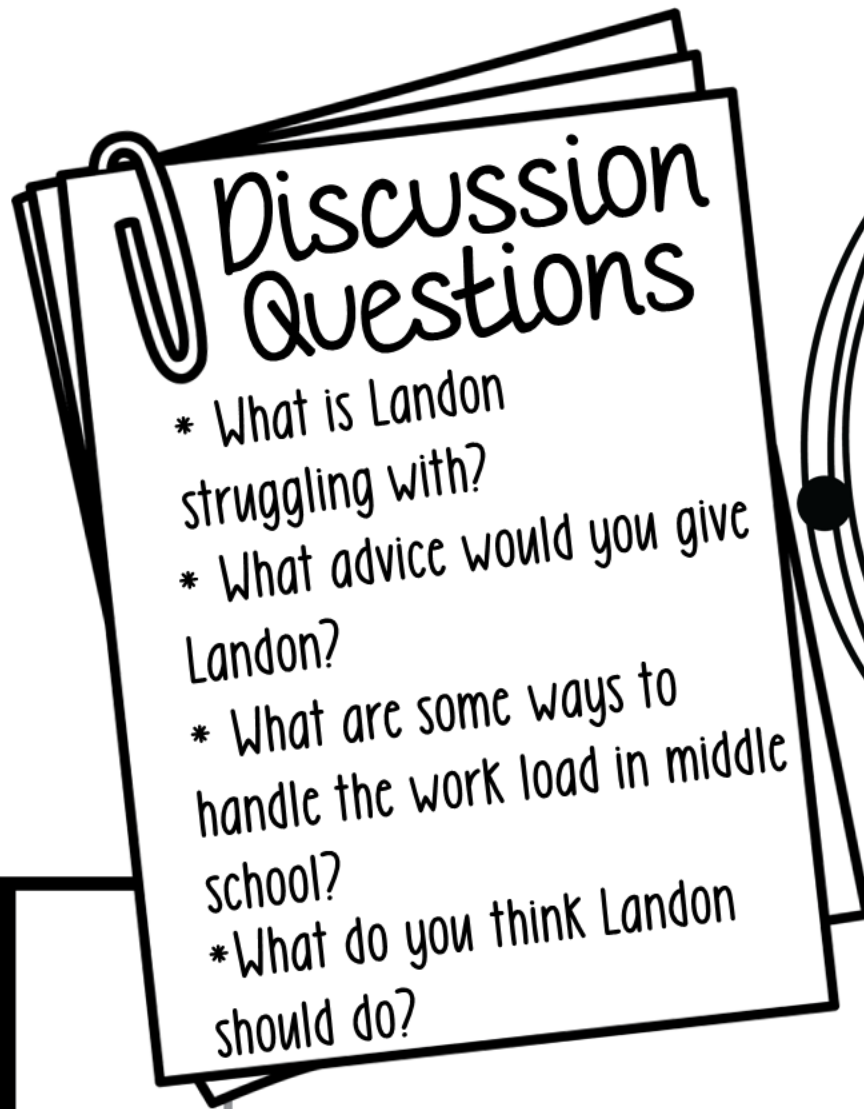
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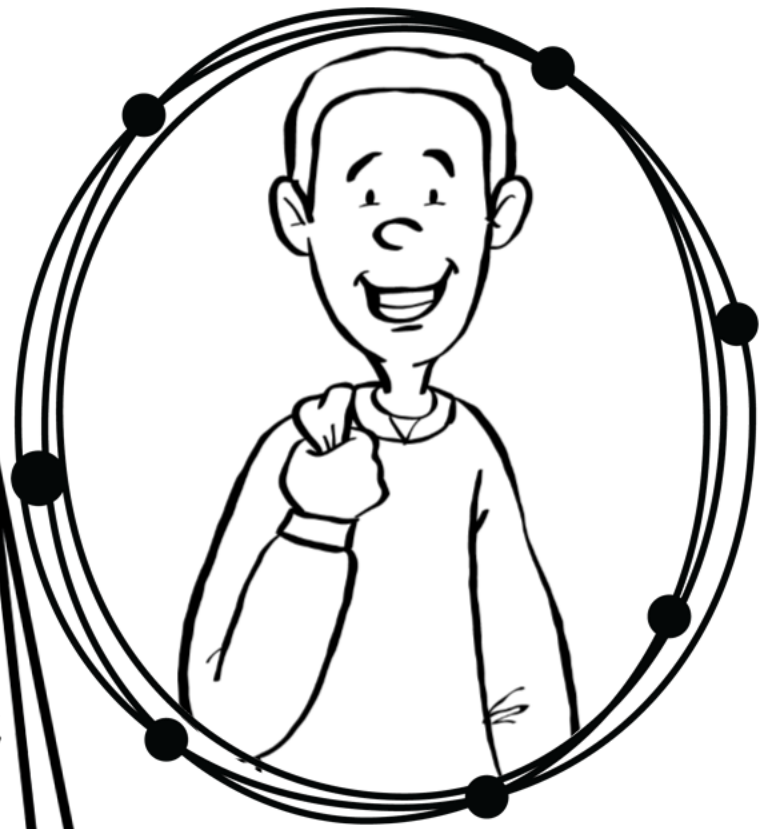
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- \* What is Landon struggling with?
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## MIDDLE SCHOOL WORRIES

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# Discussion Questions

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## MIDDLE SCHOOL WORRIES

The thought of going to middle school terrified Brooke. It worried her to her core. Everything about it was scary, but the biggest fear of all was having to meet new people from all different elementary schools. Not to mention, there was also the potential of not seeing her old friends either. This truly felt like the end of the world. Brooke had a wonderful group of friends throughout elementary school, but it was small and very selective. She worked hard for those friendships, as it has never been something that came super easy for her. She knew friends were important to her middle school experience, but she just could not fathom the idea of having to start over and make new ones.

# Discussion Questions

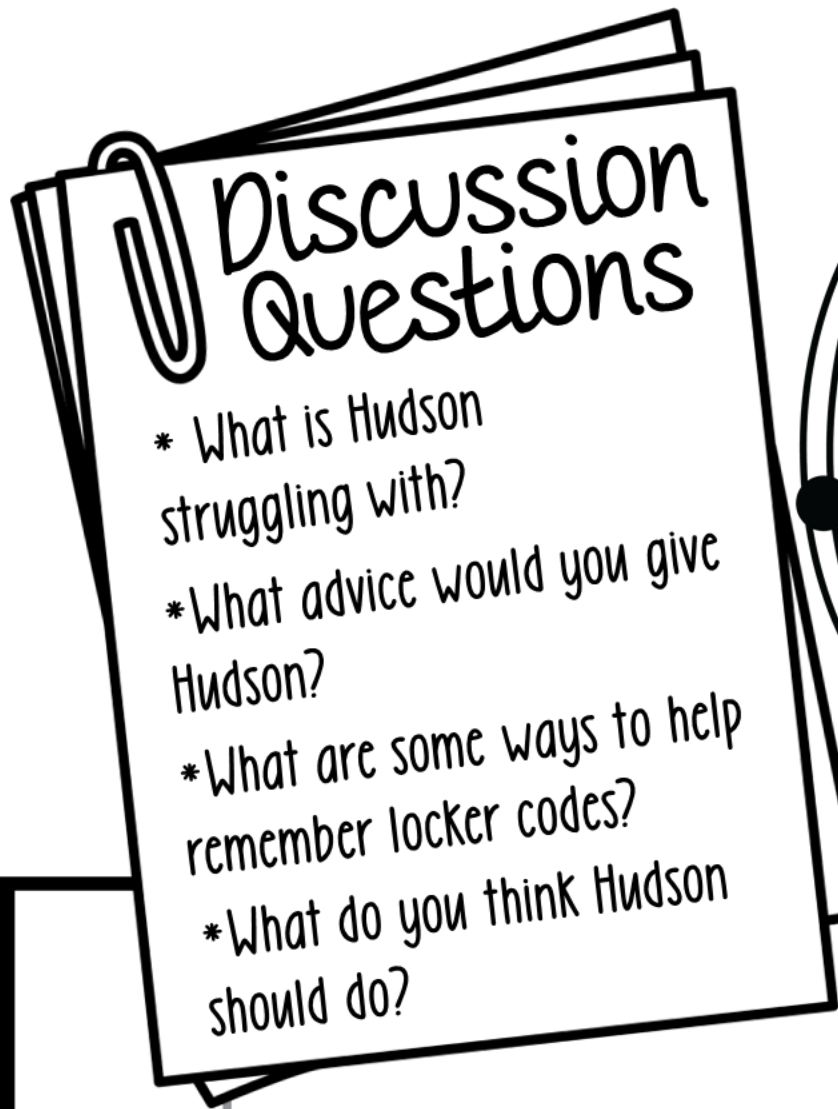
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- \*What do you think Sophie should do?



## MIDDLE SCHOOL WORRIES

Sophie is a very organized person with a detailed planner that she carries with her everywhere she goes. Her planner contains a range of all of her activities, to do lists, and assignments. Sophie's planner speaks for itself when it shows the evidence that she has her day planned down to the very second. She is never late and always knows what she will be up to next and where. The thing that worries Sophie about middle school is that she feels like her schedule is going to be hard to maintain. Unlike middle school, her elementary schedule was smooth, easy to follow, and all of the rooms were in close proximity. When Sophie goes to middle school, on the other hand, her schedule will be scattered and the classrooms are going to feel like they are worlds apart. Sophie frets that she is going to be running around frantic, frazzled, and even worse. LATE!





## MIDDLE SCHOOL WORRIES

Hudson is good at many things, but “remembering” is not one of them. He often struggles remembering deadlines, passwords, and even after school plans. He does his best to write things down, but even then, he can forget where he put the paper he wrote things down on. Hudson’s biggest fear about middle school? The lockers. How in the world is he going to remember the code to something that holds EVERYTHING he needs for school? Will he forget to lock it? Will he even remember which locker is his?



# MIDDLE SCHOOL WORRIES

Read the Middle School scenarios and respond with what you think they should do.

George is scared of bullies, he heard they are really bad in Middle School. How can he handle this?



Landon is a homework rockstar and it has always come easy to him. He is worried when his mom tells him about how hard middle school homework is known to be. How should Landon approach this?



Making friends was not something that came easy for Brooke. She had her core friend group, but now was going to have to start all over going into middle school. What should she do to help her situation?



# MIDDLE SCHOOL WORRIES

Read the Middle School scenarios and respond with what you think they should do.

Hudson does not have a good memory and is afraid of having to memorize his new locker number. How does he best handle this situation to set himself up for success?



Tom is worried about having new teachers and classmates that he has never met before. What can he do?



Kenzo is terrified of having a new schedule in middle school. The thought of him not having classes with all of his friends makes him feel sick. How can he handle this?



# MIDDLE SCHOOL WORRIES

Read the Middle School scenarios and respond with what you think they should do.

Tucker got a bad grade on his first middle school science test ever. He is worried that he is going to disappoint his parents and that all of middle school is going to be this hard. What can Tucker do in this situation?



Sutton is excited to be on the new volleyball team, but is peer pressured by one of the girls to prank the assistant coach. She wants to be liked, but does not know how to respond to this. What should she do?



Jalen is worried that he is not going to be able to get from math class in B Hall all the way to science in G Hall in the 5 minutes they allow between bells. He feels like he will always be late and in trouble. What could Jalen do to handle this?



# MIDDLE SCHOOL WORRIES

Read the Middle School scenarios and respond with what you think they should do.

Kennedi has always felt that she was a little different than others. She is afraid she is not going to fit in at middle school, and might even get made fun of for being weird. How could Kennedy approach this worry?



Brett is a naturally shy guy, and is worried about meeting all of these new teachers and students in a brand new place. How can he tackle this worry?



Andrew loved how each class he has always had was in the same hallway and the same every day. When he heard about how middle school schedules alter days (A Day VS B Day) and that classes would be across the campus from each other, he panicked. How can Andrew handle this?





# MIDDLE SCHOOL WORRIES

Read the Middle School scenarios and respond with what you think they should do.

Ethan started middle school just last week. There is a kid in his social studies class that has already started being mean and purposefully bumping into him. How can Ethan handle this situation?



Alex has heard that the 8th graders at the middle school can be mean. Though he will be going into 7th, he worries that they will find a way to pick on him. How can he handle this?



Rebecca already feels like school can be hard. It has never come easy for her and she has heard middle school is going to be even harder. She is not feeling positive about tackling the new, tough classes ahead. How can she handle this?



# MIDDLE SCHOOL WORRIES

Read the Middle School scenarios and respond with what you think they should do.

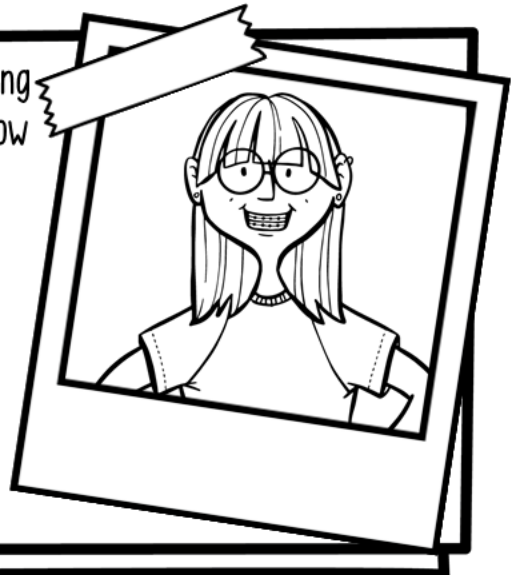
All Jaime has ever wanted to do was fit in. She feels middle school could be her chance for a fresh start to fit in to a new place. She is afraid she won't be accepted though, no matter how hard she tries. How can Jaime approach this?



Zane is anxious about getting into the middle school yearbook club. It is all he can think about all day long and his worry is starting to affect his schoolwork. What could Zane do to handle this feeling?



Angela has played soccer her entire life. It is all she knows and is something she loves. She is stressing about making the middle school soccer team. How can Angela handle this?



# MIDDLE SCHOOL WORRIES

Read the Middle School scenarios and respond with what you think they should do.

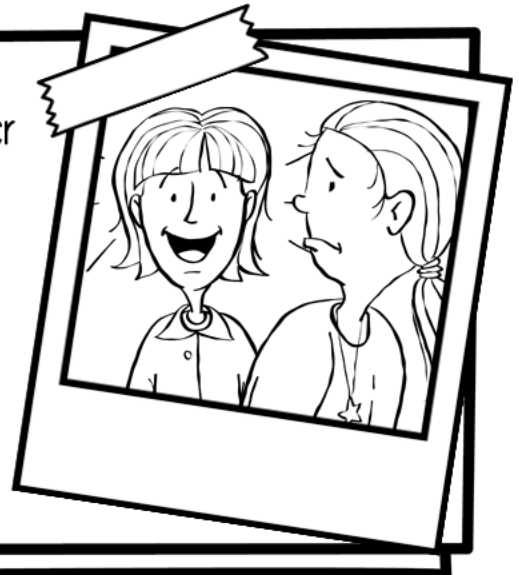
Jenny REALLY wants her new friend Phoebe to come to her birthday party this weekend, even though they just met last week at their new middle school. She is really worried Phoebe is going to reject her and say no. What should Jenny do?



Sam and Matt have been best friends since the 2nd grade. After starting middle school, Sam is noticing that Matt is starting to change. How can Sam approach Matt about this?



Julie and Ali are both excited to join the middle school cheer team. They have been best friends forever and are excited to cheer together too. After tryouts, the girls learn Ali made the team, but Julie did not. How can the girls handle this situation?



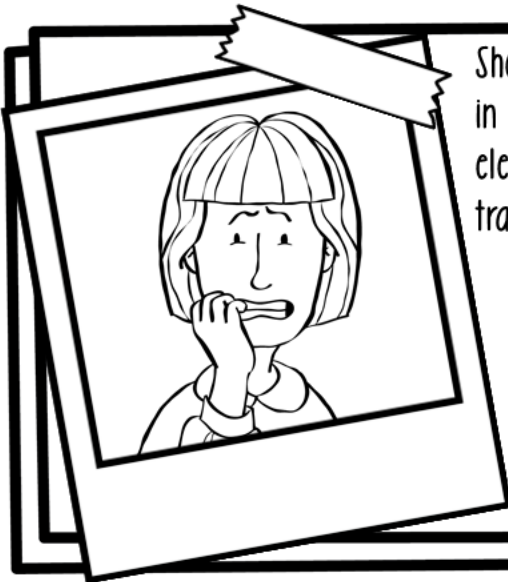
# MIDDLE SCHOOL WORRIES

Read the Middle School scenarios and respond with what you think they should do.

Andre is proud of who he is and how "different" he can seem in comparison to others. He didn't think it ever bothered him how he can sometimes "be to himself." Until it was time to go to middle school. Andre is realizing now that maybe he will seem like he does not fit in at all. How can Andre approach this?



Shelly has begun to worry about the stress of managing 8 different classes in middle school. She barely was able to handle the 5 courses on her elementary schedule and just doesn't know how she will successfully keep track of it all how can Shelly approach this?



Nora is starting to worry she cannot handle all of the hustle and bustle that middle school brings. Between academics, social clubs, and sports, she is starting to feel like she is overly exhausting herself. She is even starting to notice some of her grades are slipping. What can Nora do?





# MIDDLE SCHOOL WORRIES

Read the Middle School scenarios and respond with what you think they should do.

Karen struggled with the thought of being able to rock the middle school image. What if her clothes were not good enough or as cool as the other girls? What can she do to handle this?



One of the new guys in Liam's PE class keeps calling him names in the locker room. Liam doesn't want to be a tattletale, but the name calling is really starting to bother him. How can Liam handle this?



Clara has made a new friend named Olivia at the start of middle school. Olivia is having a pool party next weekend and has invited Clara to come. The only problem is that Olivia told Clara to not invite any of her other friends. Clara worries her old friends are going to find out and be so upset with her. What should Clara do?



# MIDDLE SCHOOL WORRIES

Read the Middle School scenarios and respond with what you think they should do.

Ashley is stressed about the chaos of the middle school hallways. Will she be able to get to her locker between each period? What if she even forgets where her locker is? The thought of having to make an extra stop in between her transition to each class really overwhelms her. How can Ashley face this worry?



Ellie wrestled with the fact of making friends in middle school. Does she worry about the quantity of friends she wants to make or the quality of people she has around her. How does Ellie decide on this approach of making new friends?



Evan's pencil breaks in the middle of his test. He knows how strict Mrs. Smith is and how firmly she went over the expectations of no talking during the test. Evan is worried she is going to be mean and embarrass him. What should Evan do?



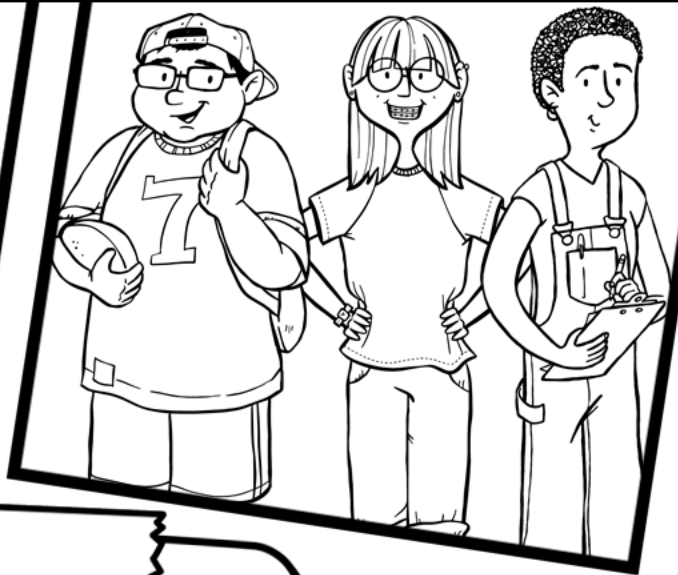
# Letter to a Middle Schooler

Tell me about  
Middle School!



# Letter to a Middle Schooler

Tell me about  
Middle School!



Things I want to know about Middle School:

My Name is:

Grade level:

Rumor  
about Middle School  
that I heard:



This is what I am most excited about in Middle School:



This is what I am NOT excited about in Middle School:



# Letter to a 5<sup>th</sup> Grader

Welcome to  
Middle School!



# Letter to a 5<sup>th</sup> Grader

Welcome to  
Middle School!



Tips to know about  
Middle School:

My Name is:

Grade level:

Myth  
about Middle School  
that's not true:



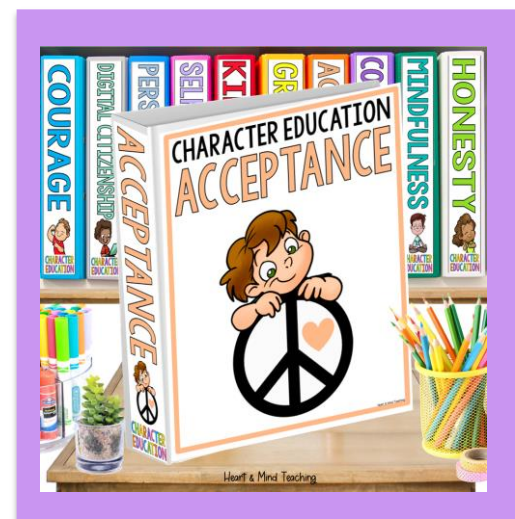
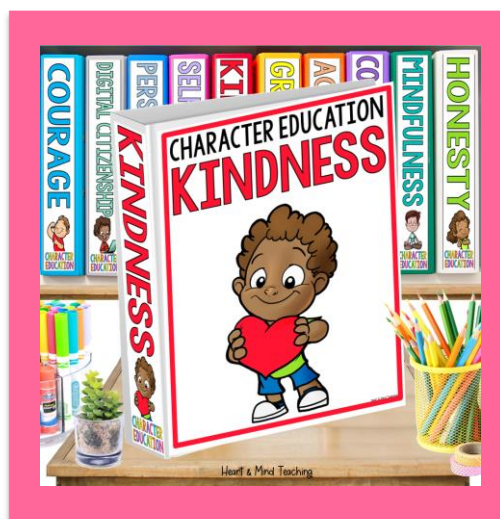
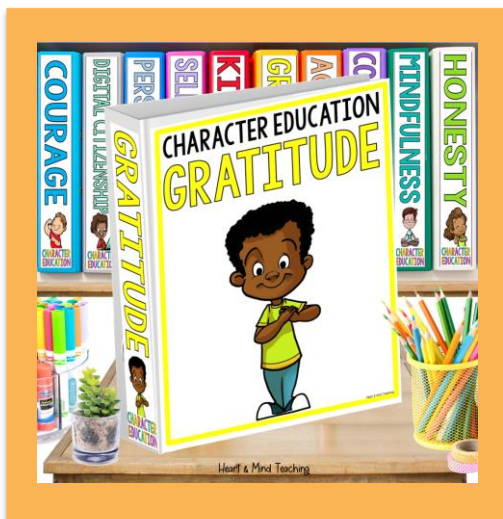
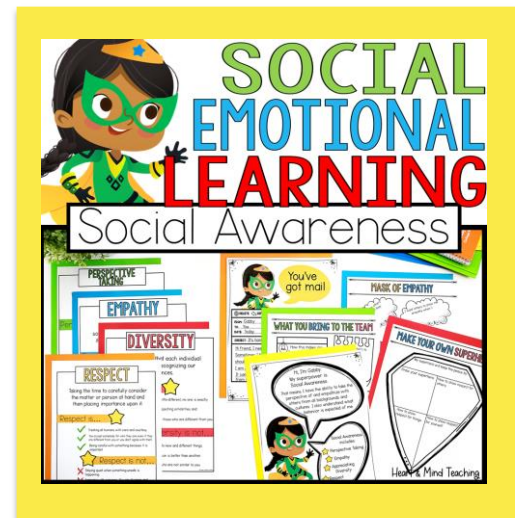
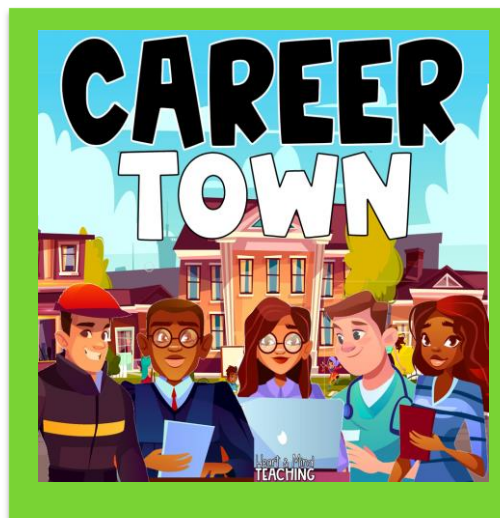
The best thing about Middle School:



The worst thing about Middle School:

# CHECK THESE OUT

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**Collab**  
with Laura & Ashley



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# THANK YOU

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Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

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