

be
awe
some **big** GO

Session 9
Living well



Welcome to Session 9 – our very last session together. Last time, we looked at ‘friendships and fallouts’.

We looked at the kind of friends you want and the kind of friend you want to be.

We explored the idea that sometimes friendships change and that is OK, BUT also that we should always act with kindness in each circumstance.

Here is Matthew Burton one last time to explain how he thinks you can live well as you start secondary school.



Read from page 117 to the end, if you have a copy of 'Go Big'.

You can't function well at school, or in life, if you don't look after yourself and 'live well'.

It is important that you have a healthy body and mind to cope with the transition of starting a new school.



There are lots of different ways you can live well

- Switching off from technology
- Being kind to yourself and others
- Getting enough sleep
- Being patient
- Keeping fit and staying healthy



If you have a phone now, use it wisely



- Try to limit your screen time so you can perform your best in and out of school.
- If you are doing homework, turn your phone off or put it away somewhere so that it doesn't distract you.
- Try to have time away from your phone and technology each day.
- Be very careful what you look at and what you send to others.

If you are given a mobile phone for the first time, it is worth taking this advice:

“The simple way to do things is to live by this rule: if you wouldn’t write the message you’re about to send to that person on a T-shirt and go into the local shopping centre wearing it, then don’t send it! If you wouldn’t want that selfie you’re about to send to someone printed on scatter cushions and spread across the sofa in your living room when everyone comes round on a Sunday afternoon then DON’T SEND IT!”

Matthew Burton, ‘Go Big’

If you are going to be online more and have a phone now that you're moving to secondary school, then you need to think about this...

"Look after yourself and think about what your actions say about you. Are you proud of that person who's the 'online' you? If so, then brilliant. If not, maybe it's time to make a change."

You get to decide the person you are going to be!

If you feel under pressure to do things that others are asking of you then remember this:

“When something doesn’t quite feel right, it usually isn’t right and if your ‘Spider sense’ tingles – remember, great power and great responsibility – then say no, and don’t dive in.”

Sleep is so important for you to stay well



It will help you:

- Feel good
- Concentrate
- Learn better
- Improve your memory
- Stay fit and healthy.

Be kind to yourself and others

If you wouldn't say something to someone in person then don't write it down.

Just be kind, be sensible and talk.



**“Try to be a
rainbow in
someone’s
cloud.”**

Maya Angelou

American singer, dance, actor,
writer, poet and activist

Be patient and keep the faith

- Give new things a chance.
- Don't give up.
- Embrace new opportunities.

Be patient and keep the faith

The connections you make, and the questions you ask in those subjects, are more important than any others. If your starting point in the subjects you don't like is behind where it is in your favourite subjects, then you'll have to try even harder to make more progress and get where you're going. You can either look at that as something to be afraid of or something to challenge yourself with.

[Read more on page 137](#)

“Fear is just an emotion, you can’t let your emotions rule your life...you just have to do what you would do if you weren’t afraid and then go from there.”

Venus Williams
American tennis player

Spend your time at secondary school being the best version of you.

Spend time finding your way and make the mistakes you need to (and will) make to learn to be even better.

Activity: Keeping yourself well

Write down three things that you are going to do when starting your new school to help you stay well.



“Success isn’t always about greatness. It’s about consistency. Consistent hard work leads to success. Greatness will come.”

Dwayne ‘The Rock’ Johnson

American-Canadian actor, producer and former professional writer

Here is the very final video from Gemma.



So our journey is now over. We have taken you through nine sessions to try and help you be ready for secondary school and to be awesome.

Now it is up to you! You are the one in the driving seat, deciding how you are going to live your life and make this transition.

Have a look through your workbook: have you completed all of the activities?

Don't forget to enter our Be Awesome Go Big competition!

PIXL



BE AWESOME GO BIG COMPETITION

You've come to the end of the term, the Big so why not enter our AWESOME competition to win all of the books from the Book to?

All you have to do is write about:

- your school's success in the Big
- another school's success in all these subjects and more!

It's easy to get started!

Take a minute this week to get your entry started!

Write your entry on a separate sheet of paper.

Write your name on the back.



Why don't you write to your new tutor at secondary school and introduce yourself? Tell them what you have learned from doing the 'Be Awesome, Go Big' sessions.



Thank you for joining us on this journey.

Here is someone who wants to wish you good luck!



Go and BE AWESOME as you GO BIG.

Be the kindest, most determined, most resilient generation that your secondary school has ever seen.

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