

Before you practice the journey with your adult (and if that is not even possible) plan it in your head. Once you think you have got it planned, explain it to someone else. Pretend that that person doesn't know the area, how much detail can you provide? Would that person be able to make the journey without you?

Pack and unpack your bag! I know this seems silly but the more you pack and unpack, the more you will start to think about what you need to have with you. You will also discover how heavy the bag is, after all you might have to carry it all day! All the changes you are about to go through are simply new habits that need to be formed, you might as well start with the easy ones now!

Test your own timings! How long does your morning shower take? How long does it take for you to get dressed, do your hair, find your shoes? What about breakfast, how long does that take? What does all of this mean for how long it will take you to get ready and so what time do you need to get up in order to fit it all in and leave home on time? The adults in your life will be there to help but timekeeping is key at secondary school, the sooner you get into the habit of being in control the easier it will be

Create a new routine. Be in charge of your own uniform, where will you keep it after you take it off at the end of the day. What will you do if it needs washing? Maybe start to take control of the family washing for a day or 2 so that you know how long it takes. The last thing you want it to discover your trousers need a wash 10 minutes before you need to leave the house!



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