



ATTEND NEW BEGINNINGS!

New Beginnings is an event for new Middle School students. It should be offered by Mesa, either in person or virtually, before school starts. This is the most helpful thing that you can do to prepare and feel confident. I highly recommend that you attend!



TALK TO SOMEONE

Talk to someone you trust about the feelings you are having about starting Middle School. Talking about it before it happens, can help us work through the feelings that come with big changes.



BUY A LOCK & PRACTICE

While your school may not have traditional lockers in the halls, most Middle Schools have lockers in the locker rooms for gym and athletics. Buy a combination lock and practice how to open it so that you will be ready.

WAYS TO PREPARE FOR MIDDLE SCHOOL



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WRITE DOWN GOALS

Think about things that you would like to accomplish in Middle School. It is a fresh start, and a chance to make goals for yourself. Write down what you would like to work hard to succeed at in Middle School.



TRY NEW THINGS

Be willing to try new things, meet new friends, and to get involved. New starts are like an adventure if you think of them that way. Explore clubs that will be offered and choose something to join. Getting involved helps kids feel connected, plus its fun!



STAY CALM

Do your best to use the calming skills that you have learned when you start to feel stressed or worried. Journaling, drawing, deep breathing, 5 senses grounding, and positive thinking can all help calm nerves or worries.