

Thursday 4<sup>th</sup> June

# Lesson 1- Next Steps

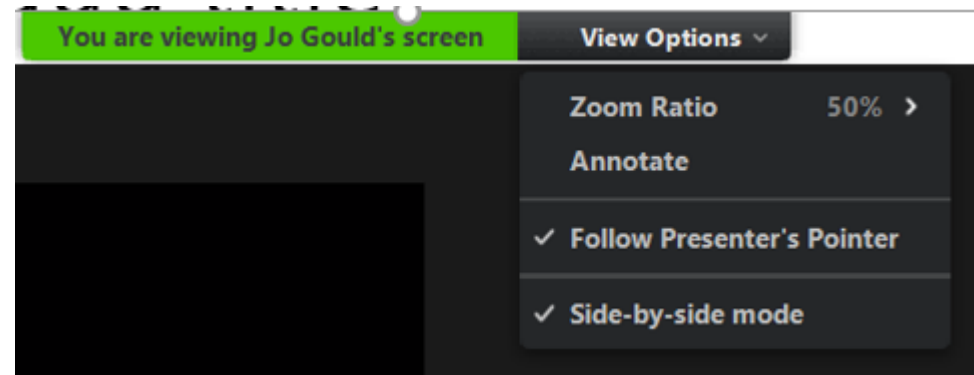
**What do you need?**

Pen and Paper

# How to use the Annotation function

You can use the Annotation function when your teacher would like you to draw on the screen.

1) At the top of the page click on View Options.



2) Chose Annotate.

3) Try Annotating the screen now.

4) Tick or write your name in the Zone that you are in.

Blue Zone



Going slow

E.g. sad, sick, tired,  
bored

Green Zone



Good to go

E.g. happy, calm,  
focused, ok

Yellow Zone



Caution

Starting to lose control

E.g. worried, excited,  
annoyed

Red Zone



Stop!

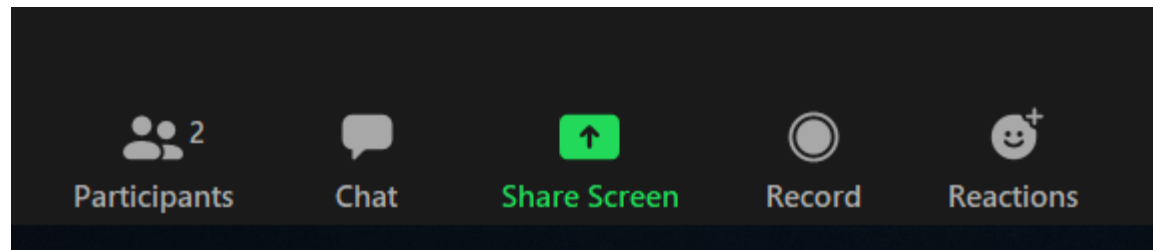
Out of control

E.g. angry, terrified,  
elated

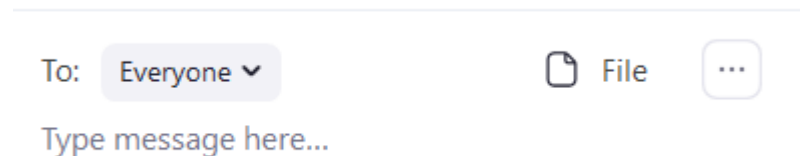
## How to use the Chat function

If you would like to ask or answer a question, you can use the Chat function.

1) At the bottom of the page click on Chat.



2) Chose who you would like to see your question or answer.



3) Try sending a message to me now.

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# Moving on

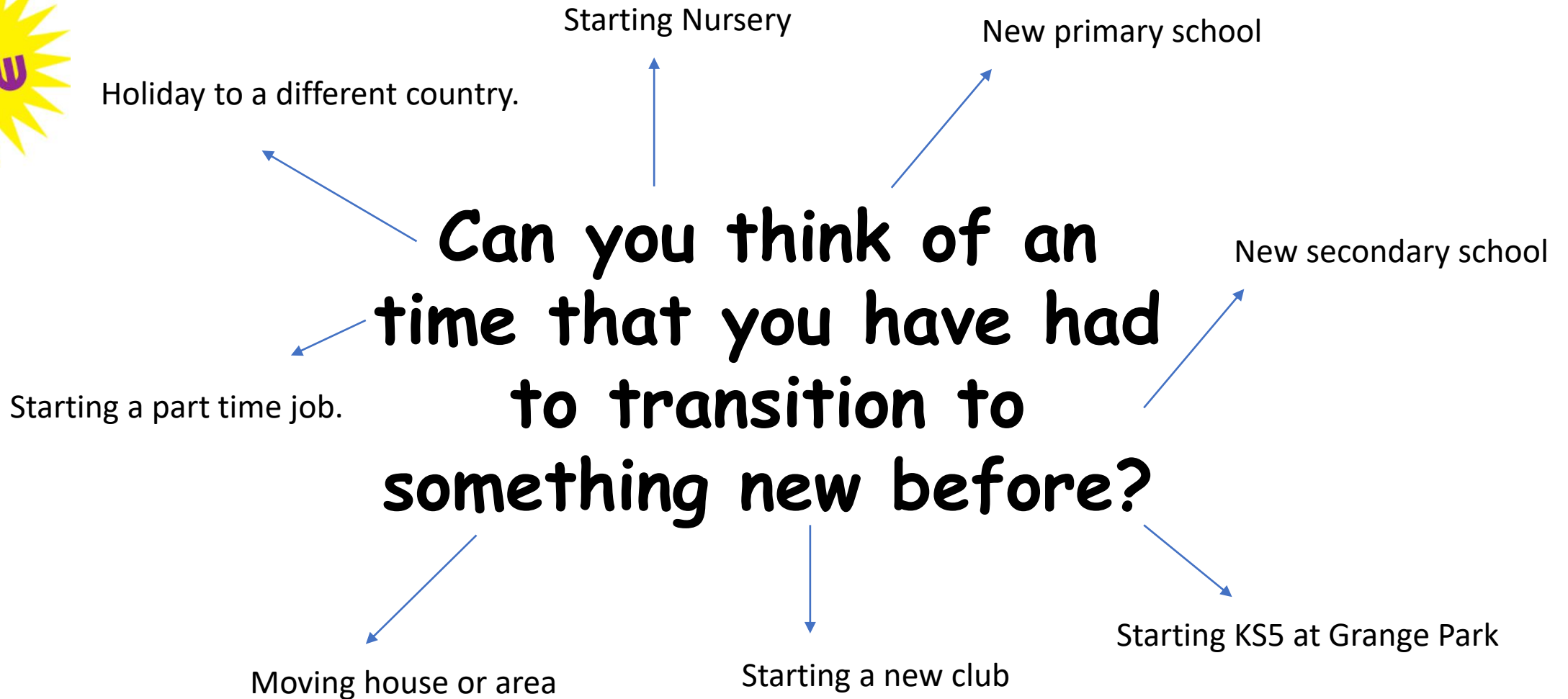
Learning Objective: To be able to identify your feelings about moving on and transitions that you have already overcome.



**Can you think of an time  
that you have had to  
transition to something new  
before?**

Learning Objective: To be able to identify your feelings about moving on and transitions that you have already overcome.

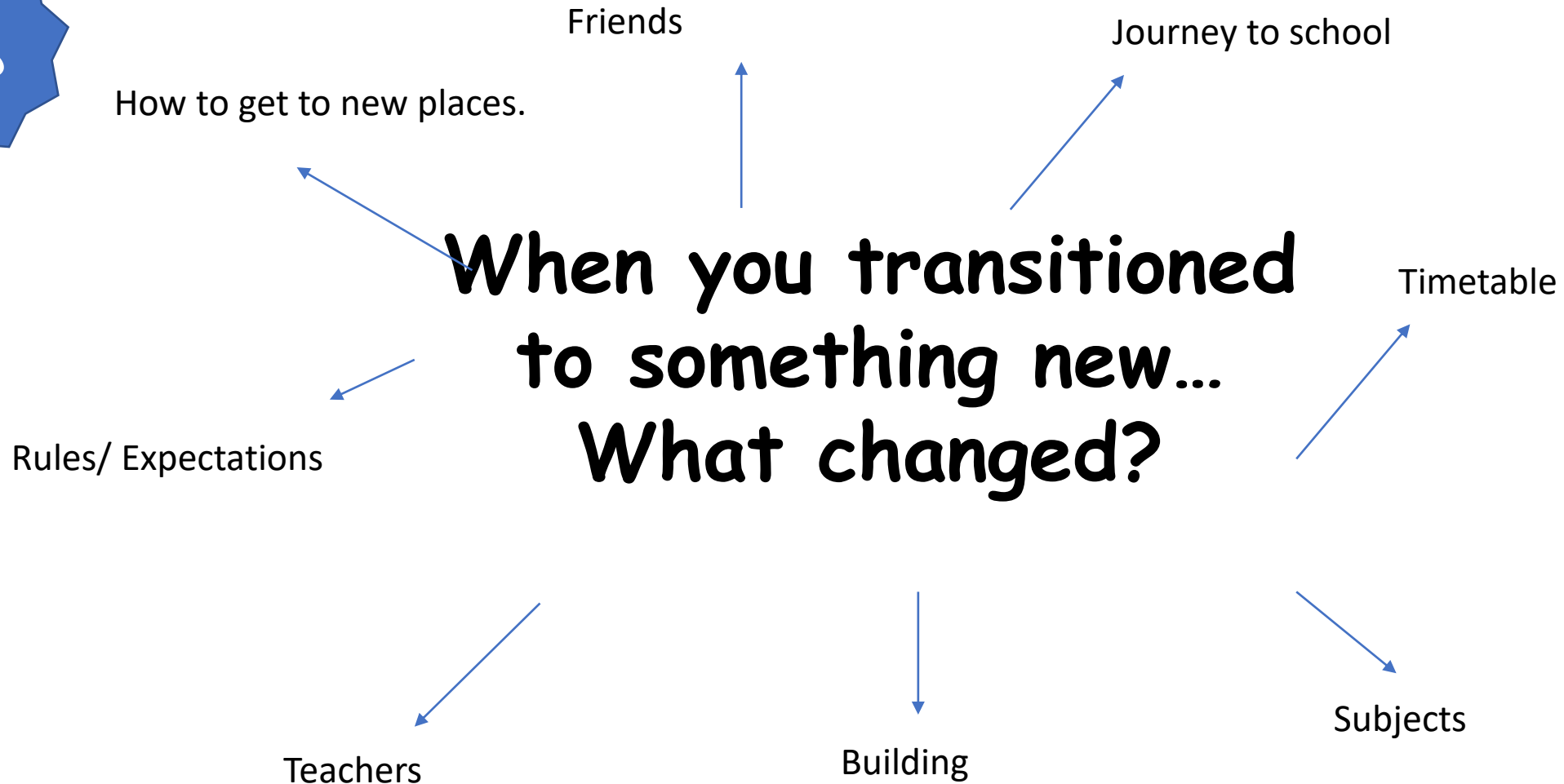
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Moving on



Learning Objective: To be able to identify your feelings about moving on and transitions that you have already overcome.

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Moving on

Task  
Two



Learning Objective: To be able to identify your feelings about moving on and transitions that you have already overcome.

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Task  
Three

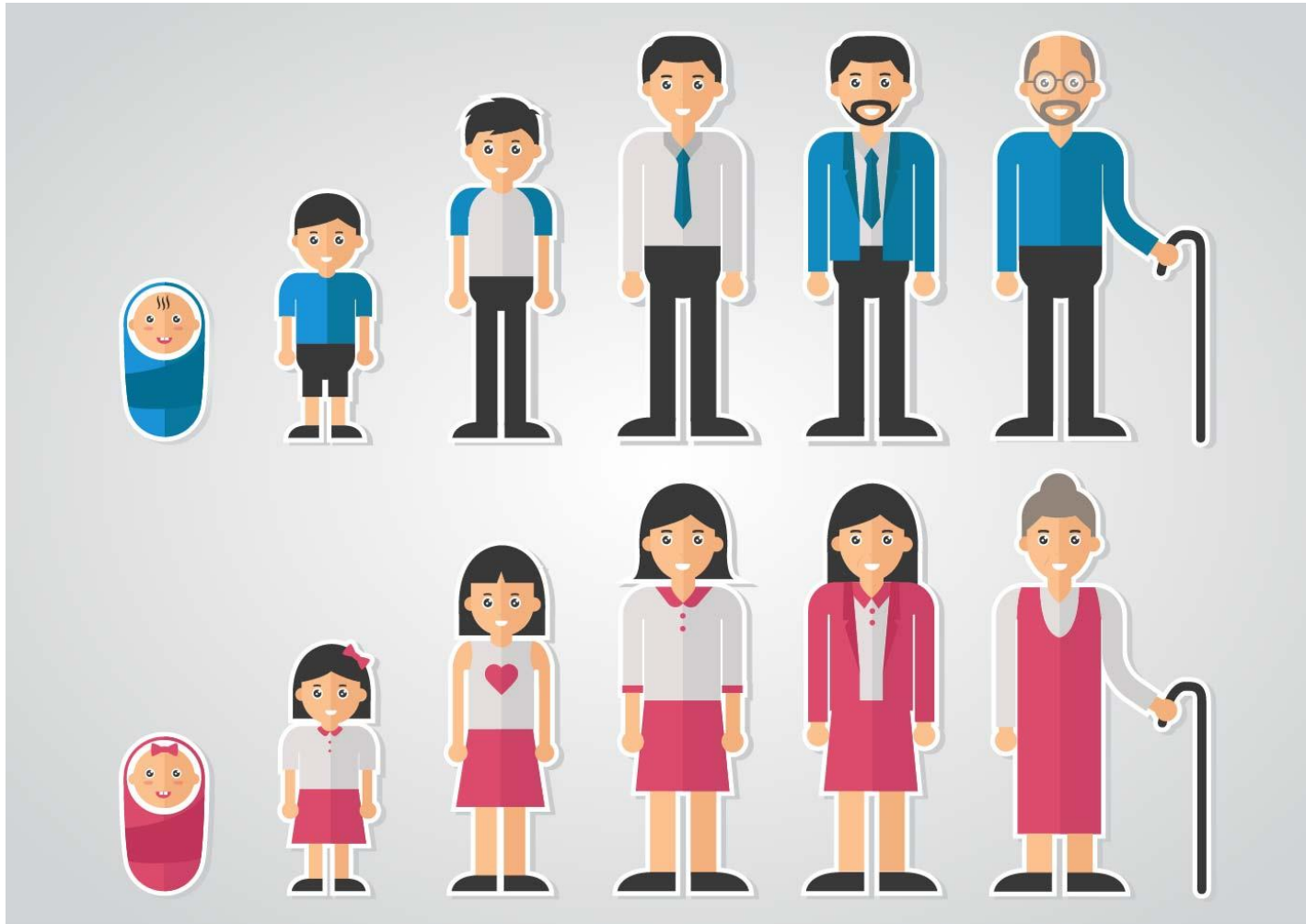




Learning Objective: To be able to identify your feelings about moving on and transitions that you have already overcome.

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Moving on

Task  
Four



Let's talk about the stages of your life...

-What changes happen in the future?

-What decisions do you need to make?

- What other transitions will you go through?