

# Doors of opportunity



When reflecting back on this school year, it can be helpful to recognise some of the positive aspects and identify the new opportunities that lie ahead.

Endings can be really difficult during this time, but we encourage you and your pupils to see goodbyes in a positive way, and taking forward the successes of this year may help us to cope and feel settled for the new school year.

## Instructions:

1. This simple activity is for both you and your pupils and can be a good starting point for discussions at school. Alternatively, it can be done at home with families, as a reflection over the holidays.
2. Think of the positive memories, achievements, and the tough times you got through this year, and write them down on one side of the door.
3. Now think about the opportunities and new adventures you are looking forward to in the new year or season ahead. Write them down on the other side of the door.
4. Once you have filled out both sides, cut your door out and fold it in half. Put this on display as a reminder that endings lead to new beginnings, and looking back with fondness can help us prepare for new experiences that the future has to offer.

## Things to consider:

- Use this activity as a conversation starter for getting pupils to reflect on how they are feeling about saying goodbye, or the ending of a season or year.
- They may feel sad, scared or anxious. By reflecting on positive memories, and thinking about what they are excited about in the season ahead, they can see how endings can lead to new beginnings and new opportunities.

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My year at school has been..

Three vertical lines for writing.

Three vertical lines for writing.

I'm looking forward to..

Three vertical lines for writing.

Three vertical lines for writing.

