

**Example Questions About Embracing Change**

**Thinking about moving to secondary school:**

* Can you tell me what you remember about starting secondary school?
* How did you feel? Were you looking forward to it?
* What were you looking forward to?
* Were you worried about anything?
* Who or what helped you feel better about the move?
* Once you’d made the change, what were the best things about being at secondary school?
* Do you have any tips about how to embrace the change from primary to secondary school?

**Thinking about friendship:**

* Can you remember your first friend?
* How did you meet them?
* Are they still your friend? How has that friendship changed?
* Can you think of friends you used to have but don’t anymore? What happened?
* Have you made new friends since you started school/as you’ve got older?
* Do you keep in touch with old friends? When and how do you do that?
* Do you have any tips for embracing change in friendships?

**General Questions:**

* Can you tell me a bit about some of the changes you have experienced in your life?
* How did you feel about them at the time?
* How do you feel about them now?
* Do you think you learnt anything from experiencing these changes? If so, what?
* Do you have any top tips for embracing changes in life?