

Middle School Digital Scavenger Hunt!

Find your middle school's website! It's probably one of these:

Bailey Bridge Middle School BBMS Website https://sites.google.com/a/ccpsnet.net/bbms/home	Swift Creek Middle School SCMS Website https://sites.google.com/a/ccpsnet.net/scms/home
Manchester Middle School MCMS Website https://sites.google.com/a/ccpsnet.net/mcms/home	Tomahawk Creek Middle School TCMS Website https://sites.google.com/a/ccpsnet.net/tcms/home

Once you've found your school's website - find the answer to these questions:

Question	Your Answer
What time will your school day start?	
What are your school colors?	
List the name of at least ONE school counselor! (Your school counselor might be someone different, but it is good to know where to look!)	
What is one elective that you would like to try?	
Find your supply list for next year. Is there anything on it that you haven't heard of before?	
What is the Principal's name?	
Who is the AP assigned to 6th grade this year? (Your AP might be different than this person - this is just so you know where to look!)	
What is your mascot?	
Do you have summer reading? When is it due? What this the reward?	
What are the school's initials?	
Pick a random club - does this sound interesting to you?	Name of club: Yes/No
List a sport or athletic activity that is offered at your school (whether you are interested or not).	Name of sport:

Visit the next page for information on LOCKERS!

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Optional: Practicing Combination Locks for Lockers

Understood: Combination Lock Video

https://www.youtube.com/watch?v=Ug3XIdn__FI

Hooda Math Combo Lock Simulator

<https://www.hoodamath.com/games/combinationlock.html>

Combo Lock 101 App (.99 cents)

<https://apps.apple.com/us/app/combo-lock-101/id392319793>

Optional: Letter to my Middle School counselor

If you choose to write a letter to your middle school counselor, please share it with me on Google Drive (Rachel_Delaney@ccpsnet.net) or have your parent or an adult in your house take a picture and email it to me at the same email address. I will share it with your middle school counselor for them to see!

You do not have to use the template below unless you want to!

Hello Middle School Counselor!

My name is:

I am going to be a 6th grader next year at:

Outside of school, I like to:

My favorite thing about elementary school was:

I am looking forward to this part of middle school:

I am nervous about this part of middle school:

I still have questions about:

One thing I want you to know about me is:

Sincerely,

Your name.

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Mixed Emotions Activity:

Change of any kind can bring up a lot of emotions at once. It is **totally normal** to be sad/nervous about the idea of leaving something familiar behind and at the same time feel excited/hopeful about the new opportunity.

Mixed Emotion Chart:

Positive thoughts or feelings about this change:	Neutral or in the middle thoughts or feelings about this change:	Negative thoughts or feelings about this change:
Total:	Total:	Total:

After you have filled in your chart, count up the number of positive, neutral, and negative thoughts and emotions you are experiencing. You don't have to change anything based on that number - there is no right or wrong way to feel about a change coming up! This is just a way for you to get in touch with how you are feeling. It also might surprise you!

If you want to change how you feel about changes...

Here is one small trick that MIGHT work for you! Sometimes, I can get confused between nervous and excited. They kind of feel the same - butterflies in my stomach, busy thoughts in heads, and my heartbeat speeds up. Sometimes when I'm feeling nervous about something, instead of trying to calm myself down I try instead to change my thoughts from "I'm so nervous" to "I'm so excited!". It doesn't work all the time, but sometimes it really helps to change my mindset from "what could go wrong" and hating the way that I feel to "what could go right" and getting energy and positive emotion from how I feel.

Give it a try and see how it goes! As always, I am available to answer your questions or talk you through it! Ask an adult to send me an email and we can talk on Google Hangouts!

I miss you!

Love, Ms. Delaney