

First Day, New Start!

A “Find Someone Who...” mingle that gets a brand-new Year 7 class up, talking and feeling like they belong — in the first 20 minutes of term.

 Year 7

 15-20 min

 Tutor time / first lesson

 English · Español · Français

 1 worksheet per pupil

1 Why it works

- Everyone is **up and moving** — no one sits alone on day one.
- Low stakes:** short questions, no reading aloud, no “right answer”.
- Pupils find **things in common** — the fastest route to belonging.
- Ends with reflection, so it’s a **lesson**, not just a game.

2 You’ll need

- One worksheet per pupil (pick the **language** you want).
- A pen each.
- Upbeat music** + a visible timer (optional, but great for energy).
- Space to move — push a few desks back if you can.

3 How to run it

- Hand out the sheet. Read the ten prompts together so every pupil knows what they’re looking for.
- Set the challenge: **find a different person for each box** and write their name next to it.
- Start an **8-10 minute** mingle with music playing. Pupils walk around and ask each other the questions.
- Circulate. Model a question (“Hi — do you play a sport?”), and gently steer quieter pupils towards a partner.
- Stop the music. Pupils complete the **Reflection** box on their own.
- Share-back:** 3-4 pupils tell the class the most surprising thing they discovered about someone.

★ The golden rule

A classmate can sign your sheet **only once** (allow twice for a small class). This one rule is what makes pupils talk to **ten different people** instead of just their friend — don’t skip it.

4 Make it inclusive

- Sentence starters** on the board: “Hi, I’m... Do you...?”
- Anxious pupil? Offer a **seated version** — classmates come to them, or use a talk-partner.
- Let pupils **point to the icons** or draw if writing is tricky.
- Pair EAL/SEND pupils with a friendly **buddy** for the first two boxes.

5 Take it further

- Write **three sentences** about someone you met.
- Class tally: “Who found someone who speaks another language?”
- MFL first lesson:** use the **Spanish** or **French** sheet and encourage target-language questions — a confident, low-pressure start.

6 Where it fits

PSHE — belonging, positive relationships, transition to secondary. · **Tutor / form time** — settling a new group. · **MFL** — a speaking-confidence starter for the very first Spanish or French lesson.