

TRANSITIONS

Ideas on helping your students move more smoothly from one activity to the next:

- **Visual preparation:**
 - Use a visual schedule with the day's activities. You can either check or cross off each activity as they happen, or use velcro pictures of activities that get pulled off as the activities occur.
 - Use a visual timer to count down activities. Ex: Time Timer, Time Tracker, etc. that shows how much time is left, even when you can't read numbers.
 - Use a stop sign for how much time is left for an activity, or even just hold up a green piece of paper with a 3 written on it, yellow piece with a 2, and then a red piece with a 1.

- **Verbal preparation:**
 - Warn students ahead if there is to be a change in the schedule, starting as early as seems appropriate. Tell them what to expect, and what is expected of them. Ex: Next week we will go on a field trip, here is what we'll do..., After lunch is pictures, we'll go....
 - Give reminders when a favorite activity is about to stop. Ex: In 5 minutes, we are going to clean up and come to the carpet. In 2 minutes,
 - Count down: Ex: I'm going to count from 10, and when I get to 0 we are all done. 10, 9....

- **Music:** Play a certain cd or song that helps to cue for difficult transitions. Ex: Cleanup Song when it's time to clean centers, play a food-themed song when it's time to get lunchbags and line up for the cafeteria, make up a song like "This is the way we walk to the carpet, in Mrs. Jones class." There are also songs on YouTube teachers have posted that can be played on your smart board for different transitions.

- **Deep pressure:** Great when used in combination with other strategies.
 - Use a heavy work task with carrying a heavy item, pushing or pulling to bridge from one activity to another. Ex: Let's crawl to the carpet! Help me carry these heavy books to library!
 - Ask your OT for information about if weighted or compression items may be appropriate for a student.

- **Fidgets:** Have students hold a fidget or manipulative to carry from one activity to the next to provide a distraction for the hands and eyes, and get their minds on learning the next task. Ask your OT for ideas on appropriate fidgets.