

## Tips for Transitions

- Place a picture showing your next activity or location your child will go to, next to them.
- Give them a five minute, then a three minute and then a one minute verbal warning before your transition.
- Let them carry a preferred toy or picture to your next activity. This is called a transition object.
- Turn off room lights to signal "time to move".
- Create a "transition song" for children to sing during the transition (e.g., "Your Ants Go Marching" is a good one).
- Have your child walk along a line on your floor to the next activity. Use coloured tape and change it weekly to keep it fun.
- Move to the next location like an animal. For example, a butterfly or a swan.
- Ensure each child knows the schedule and plan for what is next. Do this by using first-then language (e.g., first we have free play, then we will go outside)
- Ask "hard to transition" children to carry something of yours, or to hold your hand — or ask them to be a line-leader. Having a special job can make transitions easier for some children.
- Try to offer a calming activity before a significant transition (to lunch, the gym or to the car)