

Have you thought of trying: **TRANSITIONS**

Transitions are all those “in between” times when children must move from one place or activity to another.

- Count the number of transitions you currently have. How many? ____
- Can you reduce the number of transitions?
- Can snack be included as a choice during free play?
- Can bathroom time be done during free play (give each child a bead necklace and after they are finished their turn in the bathroom, they can go and tell another child it's their turn)?
- Are activities prepared before transitions to avoid prolonged wait times (materials and supplies at table, lunch cart is in room, etc.)?
- Do you use a consistent visual and/or auditory cue to signal transitions (flashing lights, puppet, singing specific song, playing certain music, etc.)?
- Is there too much waiting time with nothing to do during the transition (don't sit for lunch until it is ready to be served, etc.)?
- Do you teach the transition routines to the children?
- Are transitions fun (move by hopping or stomping, sing songs, play What's In The Sack game, etc.)?
- Do you plan for transition times?
- Do you give a 5 minute warning so the children have time to finish what they are doing (5 minute warning hand, flashing lights, etc.)?
- Do you talk to the children about what is happening next?
- Do you provide extra support to children who find this time particularly stressful (transition object, fidget toy, holding hand)?
- Have you developed your own “bag of tricks” to use during transitions (need to vary them because what works one time doesn't always work the next time)?

- Do you assign jobs to the children during transitions (carrying backpack or clipboard)?
- Can the large group be broken into smaller groups (first 8 ready get to go outside)?
- Are there routines built into the transition (pick up 3 toys, then line up at door)?
- Is there a visual schedule posted so the children can see what activity is next?

This sheet was created by the All Kids Belong team based on their years of knowledge and experience. If you have any further questions about transitions, please talk to your All Kids Belong Resource Consultant.