

# THOUGHTFUL THURSDAYS

## TRANSITIONING TO NEW ACTIVITIES

**FOLLOW THESE TIPS TO  
MAKE THE MOST OUT OF  
TRANSITIONS WITH  
YOUR CHILD!**

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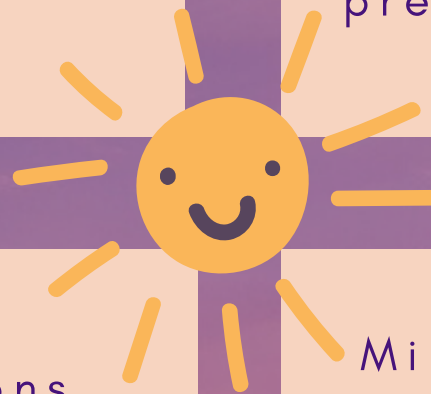
# WHY ARE TRANSITIONS IMPORTANT?

Transitions occur everyday and allow for an ongoing number of opportunities to practice the skill of transitioning!

Transitions are considered an essential skill necessary for group contexts such as preschool or kindergarten.

Structured transitions can benefit self-esteem and self-confidence in some learners.

Minimizes non-productive time and provides more instructional time which can reduce challenging behaviors!



# TRANSITION STRATEGIES

## Break Signals

Understanding the concept of time can be difficult for children. Try giving them a sand timer or digital countdown clock to signify when exactly the transition will occur!



**Tip: Try these countdown apps for your phone!**

1. Brili Routines-Visual Timer
2. Visual Countdown Timer
3. Time Timer

## Visual Supports

Seeing a picture of what is expected can be a helpful way to present a task or expectation to your child.

Visuals can be used for:

- **Visual Schedules**  
Pictures showing what will be done throughout the day.
- **First/Then Statements**  
e.g., First we eat our dinner, then we play with toys!
- **Cue Cards**  
Single pictures to indicate what activity is coming up.





# QUICK STRATEGIES

## Making Moves

Choose specific movements children must do while transitioning. This can include hopping like a bunny, fly like a butterfly, or others such as snapping or clapping.

**Tip: Try playing "Simon Says" while working to transition!**

## Songs

Playing songs that talk about moving are great ways to engage your child in their transitions. Youtube, Apple Music, Spotify, Alexa, etc. are great resources to find these songs!

**Tip: Search "Transition songs for classroom", "transition songs for toddlers", "transition song ideas", just to name a few!**



# SHARE WITH US!

How were you able to  
transform your  
transition routine?

How did the strategies to  
transition help you and  
your family?

Share with us on  
Facebook or Instagram!  
**#bartonlabshares**



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# CITATIONS

Ostrosky, M. M., Jung, E. Y., & Hemmeter, M. L. (2003). Helping children make transitions between activities. What Works Brief 4, Center on the Social and Emotional Foundations for Early Learning. Retrieved from [http://csefel.vanderbilt.edu/resources/what\\_works.html](http://csefel.vanderbilt.edu/resources/what_works.html)

Ostrosky, M. M., Jung, E. Y., Hemmeter, M. L., & Thomas, D. (2003). Helping children understand routines and schedules. What Works Brief 3, Center on the Social and Emotional Foundations for Early Learning. Retrieved from [http://csefel.vanderbilt.edu/resources/what\\_works.html](http://csefel.vanderbilt.edu/resources/what_works.html)

