

This resource has quick tips on creating structured transitions between activities. Program Leaders can use this Tip Sheet as an outline for a staff training or coaching session. Program staff can use this Tip Sheet as a reminder of transition strategies.



Plan for the Day

- Plan for plenty of time to finish
- Establish a “wrap up” routine
- Allow enough time to move from one activity to the next



Prepare for Changes

- Staff breaks
- Schedule changes
- Staff absences
- Communicate often



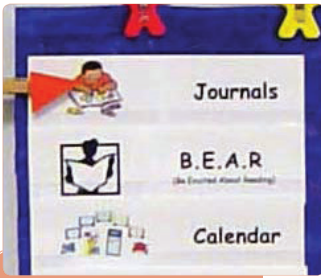
Minimize the Number of Transitions

- Limit number of whole-group transitions
- Reduce times when ALL children have to do the same thing
- Plan for less time waiting in line



Plan Transitions as Activities

- Clear beginning, middle and end
- Streamline and standardize tasks
- Consistent implementation
- Keep it quick



Reviewing the Daily Schedule

- Share schedule changes
- What, How, and When an activity will be done
- Use "First, Then" statements: "First wash hands, then snack."



Give Concrete Cues Before Transitions

- Visual: Hold up a picture or turn the lights off
- Audio: "10 more minutes" or ring a bell



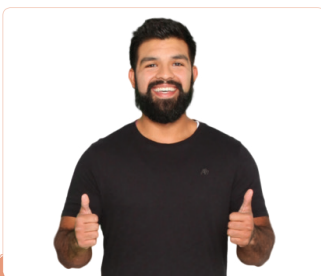
Include Transition Activities

- Make sure transition choices are age-appropriate, fun, and interactive.
- Sing a song
- "Move like a snake/mouse/like you're moving through peanut butter"
- Clapping sequences



Provide Extra Support

- Assign Jobs (Line Leader, Schedule Keeper, Clipboard Holder)
- Redirect to a new activity
- Allow a child to use objects as transition items (bear or blanket)
- Offer something to look forward to



Remain Present & Engaged

- Watch for those who need extra help
- Give specific praise: "You put all of the toys back on the shelf!"
- Compliment positive behavior: "Thank you for helping!"