

### Transition Techniques

**How to access the power of transitions to refocus, instruct and engage your students**

**Think of Transitions as a vital component of your curriculum**

**Transitions are movement between activities, locations, and topics**

**Transitions can be chaotic, unpredictable, frustrating or Educational, stress releasing, enriching**

- Transitions can teach social, emotional and academic skills
- Successful transitions require planning

**When transitions don't work**

- Too many during the day or too abrupt
- All children transitioning at once
- Instructions are not clear
- Expectations are not understood
- Class routine is variable
- Processing issues
- Emotional maturity

**Today we will review**

1. Modeling- how your voice focus and use of language effects transitions
2. Advance warning
3. Games music, visuals
4. Promoting learning during transitions
5. How to promote independence
6. Dealing with challenging behaviors

### Reflection

*What is your most challenging transition?*

*What do you say during that transition? (Be specific!)*

*Are your expectations realistic- given your students?*

*How do you feel during the transition?*

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**Modeling effective transitions- it starts with you**

- Don't raise your voice
- Choose focused, calm, individual interaction to give directions if possible
- Be present in the transition
- Build community by leading a positive experience rather than controlling actions and movement
- If your plan doesn't work, adjust and try again

### **Before the transition- Advance Warning tips-**

- Verbal- “it’s almost time for cleanup”
- Visual- “When feet “walk away” it’s time to clean up
- Auditory- “When the song ends, it’s time to clean up”
- Imaginative’ “Let’s clean up like birds today”

### **Attention grabbers**

- Music
- Lower the volume
- Brain Challenges

### **Transition Games-**

Action Cup, magic wand, I spy, fidget toys, movement challenge, guessing games

**Hey Ho!** Teacher: Hey! Ho! (clap clap) Students: Let’s go! (clap clap) Teacher: I can see... (clap clap clap) Students: we’re ready! (clap clap clap)

**Twinkle Twinkle clean up time** Use a star wand and sing the song. Move around the classroom waving the wand. Twinkle, twinkle little star, stop and clean up where you are. Time to put the toys away. We’ll bring them out another day. Twinkle, twinkle little star stop and clean up where you are.

**Wiggle Worms** Here are some worms who are, oh, so sad. They’ve lost all the wiggles that they once had. They wonder if you, just for today. Would lend them your wiggles so they can play. Wiggle them up and wiggle them down. Wiggle your worms around and around. Wiggle them high and wiggle them low. Wiggle them fast and wiggle them slow. Wiggle them over your shoes and your socks. Then wiggle them back up to their box (then have children pretend to place their worm in a box on their lap). Thank you for sharing your wiggles today. You’ll get them back when it’s your time to play. Now that your wiggles are all gone from you, I’ll tell you just what we are going to do.

### **Your routine- make it visual**

- Pictures with step by step sequence for transitioning to circle time
- Large group to smaller group with magnetic pictures on cookie sheets

### **Academic Connections-**

#### **Connect to the curriculum of the day**

- Identify things in the room
- Spell child’s name
- Find 5 things to put away
- Do 10 hops to get into line
- Guess my rule

### **Mini Lessons**

- Mystery bag- Fill bag with objects. Choose one and ask what is this? How do we use it?
- Practical lessons- Zippers, buttons, drying hands, etc.

### **Promoting Independence**

- Encourage children to move independently from one area to another
- Keep directions simple to promote success
- Encourage teamwork
- Divide “clean up” into specific small tasks
- Self monitor
- Arrange the room to maximize independence

### **Go with the Flow- you can choreograph transitions that keep your class on track**

- Break it up- transition in small groups
- Brain stimulation- games songs and finger plays while waiting on line
- Rhythmic songs- make following directions more appealing and prevent accidents
- Teacher teamwork- plan ahead how to handle the child who struggles with transitions
- Choices challenge- color, shape, letters will make transitions learning opportunities
- Contrasting activities- quiet followed by active

## **Design Your Plan**

Pick 1 transition

Write your ideas here, detailing songs, games, and teacher’s role during the transitions

### **Challenging Behaviors**

- Clean up- Give signal, individualize, model and assist
- Arrival/Dismissal- Comfort object, provide job, peer greeter
- Center time- Cue with visuals, model and invite to join peers

### **10 tips to improve transitions**

- Identify your most challenging transition
- Observe yourself during this time
- Give children advance warning...calmly!
- Avoid transitioning all at once
- Adjust your classroom to promote independence
- Limit the number of transitions
- Incorporate music, songs, chants, finger-plays
- Incorporate academic challenges
- Use wait times to teach small skills
- Create links to the next activity with visual, auditory, tactile, hints

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