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Dealing with Transition During the School Day

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In school, *transition* is the process of moving from one classroom or activity to another. Students go through many transitions during the school day. Sometimes it is difficult to deal with transitions because students may not be ready to stop the tasks they're working on or they may not know what will happen next. Although transitions can be tough for some students, they can practice strategies to help them deal more effectively with the daily transitions they encounter! Use the following strategies with your students to help them deal with transitions during the school day. Help them learn these strategies by practicing the self-talk statements that follow each one.

Transition Strategies:



- **Check your schedule** – Schedules remind you which activities you'll be involved in throughout the day.

I will review my schedule so I know what is coming up.



- **Plan ahead** – Think about what you need to do to finish the activity you're working on in order to get ready for the next activity.

I will think about what I need to do to be ready to transition to a new activity.

Transition Strategies: (Continued)



- **Listen** – Often teachers give instructions that include information about what to expect during and after transitions.

I will listen when my teacher gives instructions about transitions.



- **Take a deep breath** – Taking a deep breath can help calm any stress you might be feeling, and it gives you a moment to think.

I will take a deep breath in and let it out slowly if I am anxious.



- **Stay positive** – Look at the good parts about the transition.

I will find something positive that will come from the transition and focus on it.



- **Don't forget the rules** – When you're moving from one classroom or activity to another remember to follow the rules, such as using your inside voice, walking feet, and listening ears.

I will continue to follow the rules during transitions.



- **Evaluate yourself** – After the transition take a quick moment to look at how you did and what you could have done better.

I will ask myself, "How did I do during the transition? What can I do better next time?"

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