



Tranquil Transitions

Transition Definition:

A transition is a short period of time when students move from one activity or place to another.

4 Steps for Success

1. Understand WHAT transitions are
2. Understand WHY transitions are so important in the early years
3. Transition techniques
4. Action Plan



Step 1: Understanding WHAT Transitions Are

- ✓ A transition is a short period of time when students move from one activity or place to another.
- ✓ Research shows that 10-15% of a typical full-day EC classroom is spent on transitions
- ✓ Transitions involve both time management AND behavior management. (Burden, 2003)
- ✓ Successful transitions are QUICK
- ✓ Successful transitions have a clear ENDING and a clear BEGINNING

Step 2: Understanding WHY Transitions are So Important

- ✓ Transitions are important because student learning depends on them.
- ✓ Efficient transitions increase time for learning.
- ✓ Transitions are important because they can be a trigger for challenging behaviors.
- ✓ Transitions give children a feeling of safety
- ✓ Transitions bring closure so children know when it is time to move on to the next thing.
- ✓ Transitions can be used as another opportunity for learning skills such as problem solving, social emotional skills, and more.



Problems can occur during transitions when:

- ✓ All children transition at the same time in the same way
- ✓ Transitions are too long and children spend too much time waiting with nothing to do
- ✓ Directions are not clear
- ✓ Children do not understand the expectations

Step 3: Transition Techniques

Planning for Transitions

- ✓ _____ the number of transitions in a day
- ✓ Include time for transitions in your _____ .
- ✓ Plan for what each _____ will be responsible for during the transition.

Questions to Ask Yourself

- ✓ When will the transition begin?
- ✓ What signal will be used to announce the transition?
- ✓ What will the children be expected to do during the transition?
- ✓ What is the approximate amount of time needed for the transition?
- ✓ Where will the children go when they have completed the transition?
- ✓ How will the children know when the transition is over?

The TEACHING TRIBE

Before Transitions

- ✓ Provide verbal cues
- ✓ Use nonverbal cues like sign language and pictures

During Transitions

- ✓ Sing songs while moving to a new _____.
- ✓ Do fingerplays or play guessing games during waiting times (e.g. a turn in the bathroom or for the bus to arrive.)

Transition Signals

- ✓ Xylophone
- ✓ Tibetan Singing Bowl
- ✓ Rain Stick
- ✓ Wind Chimes
- ✓ Calming Music
- ✓ Sing Through the Transition
- ✓ Buddy Up
- ✓ Favorite Books & Class Books

After Transitions

- ✓ Provide positive attention and praise to children who followed the routine
- ✓ Give very specific, positive feedback



Daily Transitions

Entering the Classroom

- ✓ STEP 1: Greet the Teacher (make a choice)
- ✓ STEP 2: Put backpack away
- ✓ STEP 3: Sign-In & feelings chart
- ✓ STEP 4: Make a choice

Choose different ways for the children to line-up each day

- ✓ This will ensure that the same children aren't always "first"
- ✓ Line up ideas—colors of shirts, striped shirts, lace shoes, Velcro shoes, buttons on shirt/no buttons etc.
- ✓ Use "walk like an animal" strategy for quiet times in hallway

Leaving the Classroom

- ✓ Transition from school to home is just as important as entering the classroom!
- ✓ Have a dedicated time for closure each day



Step 4: Action Plan

1. Identify exactly how many transitions you have in your classroom daily and attempt to reduce the number of transitions.
2. Include transition times in your written lesson plans.
3. Write down your favorite transition techniques on index cards and keep them handy so you can incorporate them into your daily routine.

RESOURCES:

- [How to Make Class Books](#) – Pre-K Pages
- [How to Make and Use a Name Chart](#) – Pre-K Pages
- Dr. Jean's Fingerplays – see Teaching Tribe vault
- Printable Daily Picture Schedule – see Teaching Tribe vault