

# List of Daily Transitions

Take inventory: Make a list of all your daily transitions.	Strategic Plan of Action

Strategies to Mitigate Triggers

# Classroom Transitions Inventory

## Becoming Mindful!!

Take inventory: Make a list of transitions (examples)	Reminder: Other triggers that happen during transitions
Bus to classroom	Loud noises
Cubby to desk	Separation from safe items from home
Desk to carpet/group	Different areas have different smells
Desk to supply area	Inability decide what they need
Desk to teacher	Teachers tone of voice
Working on their own to active listening	Being still to moving
Music to no music	New people along the way to a new area
In Classroom rotations	Different people have different expectations
Classroom to out of classroom activity	Change of utensil: pencil, paint brush, clay
One lesson to another	Different sounds in different rooms
Friend to another friend	Room temperature changes
By self to lining up	
Start and stop an activity	
Classroom to bus	
Activity to activity	
Preferred to nonpreferred	

### Transition Strategies & Reminders

SLOW DOWN & CUT DOWN transitions

Use a daily visual schedule (on desk)

Give a 5 minute warning BEFORE transitions

Use CONCRETE Cues: bell, music, hand clapping pattern, sing a song

Use classroom "buddy"/community builder to help assist with transitions

Use adult a proximity if available to model & assist

Make sure all activities & materials are ready Before the transition