AGES 3–10 | QUICK-RESPONSE GUIDE

Helping Children Transition Between Activities



WHAT THIS IS

Switching activities is hard when a child is absorbed or when the next activity is less fun.

HOW TO USE IT

1. Warn early
2. Use a visual timer
3. Preview what is next

EXAMPLE

"Five more minutes of play, then it's snack time. I'll set the timer."

Why this happens

Switching activities is hard when a child is absorbed or when the next activity is less fun. Many children need extra support to shift.

What your child may need

Warnings, visuals, and something to look forward to.

Try this

1. **Warn early**
   10, 5, and 1 minute warnings.
2. **Use a visual timer**
   Let them see time passing.
3. **Preview what is next**
   "First clean up, then snack."
4. **Give a job**
   Let them carry the bag or push the button.

Try saying:

"Five more minutes of play, then it's snack time. I'll set the timer."

Avoid:

Sudden stops, vague "soon," or rushing the child.

My plan this week

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