

Support transitions between activities

Provide structure and support for students as they change activity.

- ✓ Display a daily, visual timetable on the whiteboard with an outline for the day's activities and refer to it when letting students know what is happening next.
- ✓ Teach behavioural expectations for transition and non-instructional activities.
- ✓ Use physical activities, such as standing and taking deep breaths, to mark the change from one lesson to another. Simple stretching or singing exercises are other effective ways to mark transitions.
- ✓ Advise the class 5–10 minutes in advance that a class or activity is about to end.
- ✓ Encourage students to self-manage timing by using a vibrating watch or a timer on their phone. They can set it to silently vibrate at particular intervals as reminders to transition to the next activity or class.

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