

Support transitions to anything new

Unexpected change and unfamiliar environments can increase anxiety for students with ASD. Use this list as a guide for creating smooth transitions.

- ✓ Assess the new context or environment.
- ✓ Consider possible sensory issues and ways to lessen their impact.
- ✓ Discuss the transition with the student. Connect to prior knowledge and experience. Support with visuals if possible.
- ✓ Plan and collaborate.
- ✓ Incorporate language, structures and systems that are familiar to the student.
- ✓ Make connections to the student's strengths, skills, and interests as part of the transition.
- ✓ Share information about the transition with whānau and ask their advice.

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