

the school years toolkit

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Transitioning

This is the ability to move from one task to another or from room to room in an effortless and organised manner. Some children can find it difficult to settle to tasks or cope with the transition between different settings or tasks.

If you have used this Advice Sheet and not seen improvement after four months, please contact CYPIT.

Why do some children find this difficult?

Children need to organise their behaviour for a wide range of tasks and situations in order to fully access school. They must be able to adjust their levels of alertness from quiet focus whilst listening to the teacher/parent to the active alertness of the playground or a games session. There is also a wide range of motor challenges from staying seated, crayoning and moving around crowded areas.

What you may see

- The child becoming “fidgety” and moving around excessively.
- Poor concentration and attention.
- Inability to end a task or commence a new one.
- Being unable to find the things they need.
- Increased vocalisation or becoming withdrawn.
- Possibly “acting out”.
- Distress impacting on learning.

Strategies and advice

It can be beneficial to carry out a short burst of activities throughout the day to help prepare for more “sedentary” tasks and to cope with the changes between activities. Five to ten minutes can be spent on one or two of these activities before sitting down to the task.

- Use accessible timetable to indicate each activity for the day and notify in advance of any changes, avoid surprises.
- Deep pressure or “heavy work” activities help children to stay organised.
- Wearing or carrying a backpack filled with books.
- Pushing - Pulling activities.

Section 5 **advice** sheets

- Tug of war.
- Children can squeeze fidget toys which can be attached to their trouser belt when moving from one place to another.

Suggested Resources

Special Direct

TTS, Park Lane Business Park, Kirby-in-Ashfield, Nottinghamshire NG17 9LE

Telephone: 0800 318686

www.specialdirect.com

Taskmaster Ltd

Morris Road, Leicester LE2 6BR.

Telephone: 0116 2704286

www.taskmasteronline.co.uk

Nottingham Rehab Supplies

Findel House, Excelsior Road, Ashby-De-La-Zouch, Leicestershire LE65 1NG

Telephone: 0845 120 4522

www.gl-assessment.co.uk