


Things That Help During Transitions













Transitions can sometimes feel big, tiring, or overwhelming. Support and preparation can help us feel safer and more ready. 



1 Transitions That Can Feel Difficult

Tick the ones that can feel hard for you.

- leaving home 
- starting school / work 
- ending favourite activities 
- moving classrooms / rooms 
- bedtime 
- changes in routine 
- unexpected changes 
- meeting new people 
- busy environments 


 Something else that can be difficult...

2 Things That Can Help

Tick the things that help you during transitions.


- knowing the plan 
- visual schedules 
- countdowns / timers 
- extra processing time 
- transition objects 
- movement breaks 
- familiar people 
- quiet spaces 
- comfort items 
- social stories 
- videos, photos or virtual tours 
- previewing new environments 
- reminders 
- other: _____




Videos, photos, or virtual tours can help make new places and routines feel more familiar before a transition happens. 

3 My Transition Supports


What helps me feel calm, ready and supported during transitions?

 What helps me feel calm?




 What helps me feel ready?






 Who helps me?



 What can adults do to support me?



Helpful Reminders

-  I can ask for what I need.
-  It's okay to take my time.
-  Small steps can help big changes feel easier.



Transitions can take energy. Support, preparation, and understanding can make them feel safer. 