

Transition School Guide Template Instructions

Guidelines: Complete the Transition School Guide template, then print, laminate, and hole punch each card then place with a book loop to attach to a bag or for easy carrying in a pocket

Cover Page: Personalize the guide with your name and a picture you like or what your child prefers.

Coping Skills: List at least 3 copings skills that have been helpful for your child and include pictures to reference. Be sure to include your child's feedback.

Additional pages: This can be something that may be helpful for your child's school performance or reference sheets such as number charts or sight words.

School schedule: List times of upcoming times or the schedules so that the child is aware of upcoming changes in routine.

Contact information: In case the child is unable to recall information, or someone needs to reference it.

Feel free to include pictures of the family or comfort items for the child to reference to keep them calm!

- See the template below to reference as an example while completing the blank template.

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**Transition School Guide: Tips to
Transition Template**

(Insert what picture you like here)



This book belongs to:

(Name of the Child Here)

COPING SKILLS (UPSET OR ANXIOUS)

(Update coping skills and pictures)

When I upset or anxious I need to:

1) *Example:* Breath in.... then count 1.....2.....3.....4, then breath out and count 1.....2.....3.....4.



2) *Example:* Do 4 Lemon Squeezes.



3) *Example:* Talk to a friend about my feelings.



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Number Chart

(Replace with a chart or another helpful reference)

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

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Multiplication Chart

(Replace with a chart or another helpful reference)



X	1	2	3	4	5	6	7	8	9	10	11	12
1	1	2	3	4	5	6	7	8	9	10	11	12
2	2	4	6	8	10	12	14	16	18	20	22	24
3	3	6	9	12	15	18	21	24	27	30	33	36
4	4	8	12	16	20	24	28	32	36	40	44	48
5	5	10	15	20	25	30	35	40	45	50	55	60
6	6	12	18	24	30	36	42	48	54	60	66	72
7	7	14	21	28	35	42	49	56	63	70	77	84
8	8	16	24	32	40	48	56	64	72	80	88	96
9	9	18	27	36	45	54	63	72	81	90	99	108
10	10	20	30	40	50	60	70	80	90	100	110	120
11	11	22	33	44	55	66	77	88	99	110	121	132
12	12	24	36	48	60	72	84	96	108	120	132	144

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Division Chart

(Replace with a chart or another helpful reference)

Division Chart (1-10)				
ONE	TWO	THREE	FOUR	FIVE
1 ÷ 1 = 1	2 ÷ 2 = 1	3 ÷ 3 = 1	4 ÷ 4 = 1	5 ÷ 5 = 1
2 ÷ 1 = 2	4 ÷ 2 = 2	6 ÷ 3 = 2	8 ÷ 4 = 2	10 ÷ 5 = 2
3 ÷ 1 = 3	6 ÷ 2 = 3	9 ÷ 3 = 3	12 ÷ 4 = 3	15 ÷ 5 = 3
4 ÷ 1 = 4	8 ÷ 2 = 4	12 ÷ 3 = 4	16 ÷ 4 = 4	20 ÷ 5 = 4
5 ÷ 1 = 5	10 ÷ 2 = 5	15 ÷ 3 = 5	20 ÷ 4 = 5	25 ÷ 5 = 5
6 ÷ 1 = 6	12 ÷ 2 = 6	18 ÷ 3 = 6	24 ÷ 4 = 6	30 ÷ 5 = 6
7 ÷ 1 = 7	14 ÷ 2 = 7	21 ÷ 3 = 7	28 ÷ 4 = 7	35 ÷ 5 = 7
8 ÷ 1 = 8	16 ÷ 2 = 8	24 ÷ 3 = 8	32 ÷ 4 = 8	40 ÷ 5 = 8
9 ÷ 1 = 9	18 ÷ 2 = 9	27 ÷ 3 = 9	36 ÷ 4 = 9	45 ÷ 5 = 9
10 ÷ 1 = 10	20 ÷ 2 = 10	30 ÷ 3 = 10	40 ÷ 4 = 10	50 ÷ 5 = 10
SIX	SEVEN	EIGHT	NINE	TEN
6 ÷ 6 = 1	7 ÷ 7 = 1	8 ÷ 8 = 1	9 ÷ 9 = 1	10 ÷ 10 = 1
12 ÷ 6 = 2	14 ÷ 7 = 2	16 ÷ 8 = 2	18 ÷ 9 = 2	20 ÷ 10 = 2
18 ÷ 6 = 3	21 ÷ 7 = 3	24 ÷ 8 = 3	27 ÷ 9 = 3	30 ÷ 10 = 3
24 ÷ 6 = 4	28 ÷ 7 = 4	32 ÷ 8 = 4	36 ÷ 9 = 4	40 ÷ 10 = 4
30 ÷ 6 = 5	35 ÷ 7 = 5	40 ÷ 8 = 5	45 ÷ 9 = 5	50 ÷ 10 = 5
36 ÷ 6 = 6	42 ÷ 7 = 6	48 ÷ 8 = 6	54 ÷ 9 = 6	60 ÷ 10 = 6
42 ÷ 6 = 7	49 ÷ 7 = 7	56 ÷ 8 = 7	63 ÷ 9 = 7	70 ÷ 10 = 7
48 ÷ 6 = 8	56 ÷ 7 = 8	64 ÷ 8 = 8	72 ÷ 9 = 8	80 ÷ 10 = 8
54 ÷ 6 = 9	63 ÷ 7 = 9	72 ÷ 8 = 9	81 ÷ 9 = 9	90 ÷ 10 = 9
60 ÷ 6 = 10	70 ÷ 7 = 10	80 ÷ 8 = 10	90 ÷ 9 = 10	100 ÷ 10 = 10

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Common Sight Words

(Replace with a chart or another helpful reference)



body	horse	usually	top	black	wind
music	birds	didn't	ship	products	rock
color	problem	friends	across	happened	space
stand	complete	easy	today	whole	covered
sun	room	heard	during	measure	fast
questions	knew	order	short	remember	several
fish	since	red	better	early	hold
area	ever	door	however	waves	himself
mark	piece	sure	low	reached	toward
dog	told	become	hours	listen	five

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COPING SKILLS (LOST OR NEED HELP)

(Update coping skills and pictures)

When I am lost or need help, I need to:

- 1) *Example:* Look at my schedule. Check the time.
Look at your watch.



- 2) *Example:* Check your classroom room number.



- 3) *Example:* Ask a teacher or go to the front office.



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SCHOOL SCHEDULE

(Replace times or update the schedule)

Breakfast time: _____ am/pm.

Walk to class at: _____ am/pm.

Class starts: _____ am/pm.

Classroom number: _____

Lunch time: _____ am/pm.

Recess starts: _____ am/pm and recess ends at:
_____ am/pm.

Walk to class after lunch at: _____ am/pm.

School ends: _____ am/pm.

After school care starts: _____ am/pm.

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CONTACT INFORMATION

PRIMARY

Name: _____
Cell: _ (_) _____
Work: _ (_) _____
Address: -

Email: _____

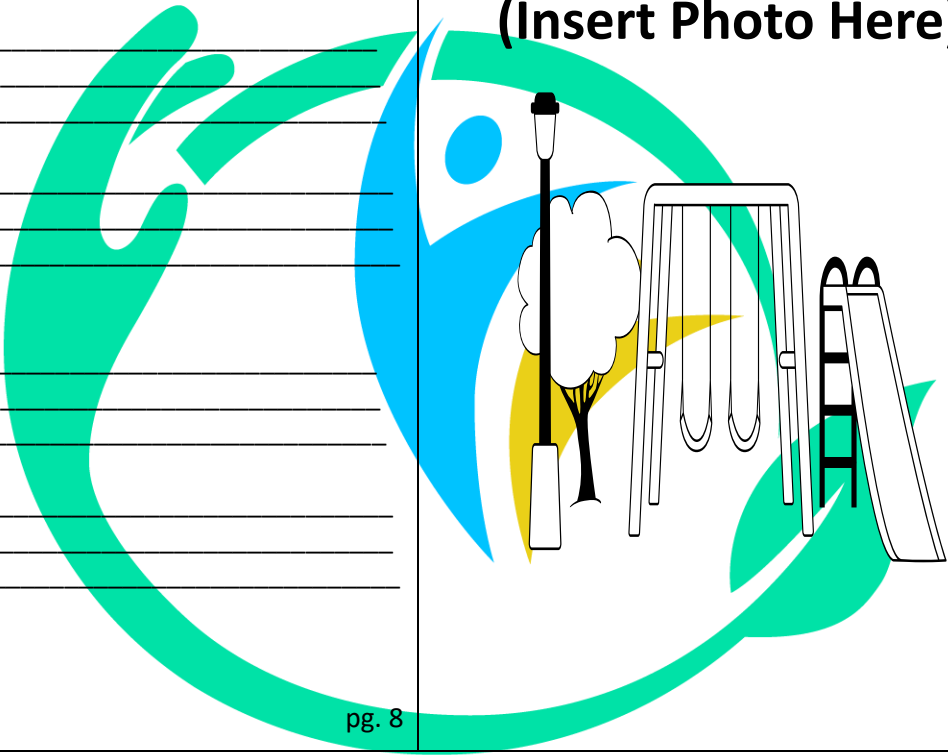
SECONDARY

Name: _____
Cell: _ (_) _____
Work: _ (_) _____
Address: -

Email: _____

IF I MISS HOME.....

(Insert Photo Here)



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IF I MISS HOME.....



School Guide: Tips to Transition



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The END

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