

# Transitions between classes

Difficulties with transitions can be related to confusion about what's next, and maintaining focus and attention during the transition.

- ✓ Remind the student of what is going to happen at the end of each class.
- ✓ Give a verbal reminder 5 minutes before the class will end.
- ✓ Set a timer for a few minutes before the bell to prepare the student for a transition. This might be set on their phone, watch, or a physical timer.
- ✓ Give clear, consistent instructions about what to do when the timer rings.
- ✓ With the student, create a list of simple steps detailing how to move on to the next class. Place this on their desk and review it with the student in each class, every day, particularly at the beginning of the year.

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