

## 00 Transition Preparation Ideas: Early Years

These suggestions for transition activity ideas are not designed to be prescriptive, and those of particular relevance should be chosen for individual pupils. It may be helpful to complete some activities on a 1-1 basis, and others as part of a group. For some activities, including neurotypical peers as part of a small group may be beneficial. Including families, and the pupil voice where possible is crucial.

### **01 Relationships:**

Increasing the child's sense of familiarity and connection with the adults and children they will be spending their time with is important to build the feeling of being understood and manage some anxiety around the transition.

Resources:

- A who's who booklet template. Include key people from around school, such as the secretary that the pupil may meet regularly.
- Sensory audit tool for adults to consider the individual child's sensory profile.
- Sensory profile discussion – a tool to help the child explore their sensory profile.

### **02 Places**

Increasing the child's knowledge and familiarity with the place where they will be following the transition will increase confidence and hopefully decrease some anxiety.

Resources:

- My New School booklet. This should identify the new places in school the child will visit on a day to day basis.
- Sensory audit of new setting, for the adults to consider the sensory environment the child will be working in, and compare this to the individual audit so any reasonable adjustments may be made.
- Low arousal space ideas. Some suggestions about how to create a low arousal space and sensory tool kit.

### **03 Routines**

Increasing the child's participation in and confidence with routines which will be in place during and following transition will help them feel prepared for the next step. These routines may be home-based, setting-based or focused on travel between home and setting. They may be individual to the child, or part of the wider routines for school.

Resources:

- Now/Next explanation and template, including differentiation for pupils using objects of reference.
- Visual schedules for key routines – how to break down everyday tasks to provide support.
- Journey board, to become familiar with the journey to school, and the tasks that happen just before and just after.

#### **04 Sharing information**

Increasing understanding of the child's needs and consistency during and beyond transition is fundamental to pre-empting and managing individual needs, and can be crucial to the success of the transition.

Resources:

- Information Gathering
- Pupil Profiles (adult created)
- Pupil passports (created with pupil)

#### **05 Moving on**

Increasing the child's understanding and acceptance of having 'moved on', and understanding that one phase has finished and another is starting.

Resources:

- Simple social script ideas
- An exemplar social script
- A visual timeline
- My first day
- Parent tips for transition