



**“At school, I do many different activities during the day.”**



**“Sometimes I need to stop one activity and start another.”**

Social Story Title: Transitioning  
Between Activities at School

This change is called a transition.



**“This change is called a transition.”**



**“Transitions at school can feel easy, or they can feel a little tricky.”**



**“My teacher might give me a reminder before it’s time to switch.”**



**“A reminder helps me get ready to pause what I’m doing.”**



**“I can finish my work or gently stop what I’m doing.”**



**“Sometimes I might feel disappointed when it’s time to stop.”**



**“It’s okay to feel that way. I can take a deep breath.”**



**“I can remind myself, ‘It’s time for the next activity now.’”**



**“I can follow my teacher’s directions to move to the next place.”**



**“If my class needs to line up, I can line up safely and quietly.”**



**“Transitions help our school day stay organized and smooth.”**

Social Story Title: Transitioning Between Activities at School

Each time I transition calmly, I get better at it.



**“Each time I transition calmly, I get better at it.”**



**“My teachers feel proud when I move between activities responsibly.”**



**“I can transition between activities at school with confidence and ease.”**



# Vocabulary

- Transition

A: Moving from one activity to another. (Correct)

B: Staying in the same place all day.

- Reminder

A: A signal that helps me get ready to switch activities. (Correct)

B: Something meant to distract me.

- Directions

A: Instructions my teacher gives me to help me know what to do. (Correct)

B: A map of the city.

- Organized

A: Neat and in the right order. (Correct)

B: Messy and confusing.

- Line Up

A: Stand in a straight row with my class. (Correct)

B: Sit down wherever I want.



# Spellings

A: Skool

B: School (Correct)

A: Stop (Correct)

B: Stopp

A: Next (Correct)

B: Neext

A: Line (Correct)

B: Lyn

A: Calm (Correct)

B: Kalm



# Comprehension

- What is a transition?  
A: Switching from one activity to another. (Correct)  
B: Playing without stopping.

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- Why does my teacher give reminders?  
A: To help me prepare to switch activities. (Correct)  
B: To interrupt me for no reason.

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- What can I do if I feel disappointed about stopping?  
A: Take a deep breath. (Correct)  
B: Get upset and refuse to move.

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- How can I show responsibility during transitions?  
A: Follow directions and move calmly. (Correct)  
B: Move quickly and ignore instructions.

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- Why are transitions important at school?  
A: They help the day run smoothly and stay organized. (Correct)  
B: They make things more difficult.



# Open-Ended Questions

- Which school transition is hardest for you—circle time to work time, recess to class, or something else?

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- What helps you stay calm when you need to switch activities?

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- How do reminders help you prepare for a change?

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- How does your body feel when a transition is sudden?

# Role-Play Activity

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- **Scenario 1**

You are writing, and the teacher announces it's time for circle time. → Practice closing your notebook and taking a deep breath.

- **Scenario 2**

It's time to line up for lunch. → Practice joining the line calmly with space between classmates.

- **Scenario 3**

You feel disappointed that recess is over. → Practice taking a breath and saying, "It's time for the next activity."

- **Scenario 4**

You're moving from one classroom station to another. → Practice walking safely and quietly to the next area.