



# Transitions

Your monthly tips and tricks newsletter completed by your School Occupational Therapist (OT)!

Coming back to school after a break can be tricky... here are some tips to help smooth the transition.



## Provide Choice!

"It's time to wash your hands, do you want to walk to the sink or jump to the sink?"

## Front-Load!

"After this activity we have gym class, then it will be lunch time."



## Use Visuals for all ages!

Visual timers and visual schedules can be great tools for at school and home.

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