Transitions

Transitions between classes can be difficult for all children during the school day. This is heightened for children that are neurodivergent and/or have sensory sensitivities. This can lead to the child’s difficulties manifesting in challenging behaviours or the child’s mental health struggling. There are a number of strategies below that can be put in place to ensure that all transitions are as smooth and manageable for the child, teacher and other pupils.

Ask the child what they find most difficult.

First and foremost, the child should be asked to explain what they struggle with during the classroom transitions.

## Transitions between classrooms

* Allow the student to leave class 5 minutes early to transition to their next class. This will avoid the student becoming overstimulated in busy, noisy corridors.
* The student may choose a nominated friend to join them.

## Navigating around the school and daily planning

* Provide clear colour coded timetables to both the student and family. They can also contain pictures to help visual processing.
* This will enable them to discuss their daily activities and reduce anxiety about ‘what happens next’.

## Loud noises and bells

* Give ample warning for loud or unexpected noises, such as fire alarms/bells.
* Allow the child to wear ear-defenders or leave the classroom throughout the noise.