

Classroom Transitions Cheat Sheet

These ideas all have different uses. Some are best for waiting times, others work for getting ready to leave the room or transitions between activities, some are great for walking in the hallways, and others work for quick brain breaks in-between subjects.

Simon Says Lightening Round

- Play Simon Says as fast as you can talk without anyone ever “getting out”. Stop briefly when you get kids to mess up and say “Gotcha”. Then, keep going.

Clap Snap Patterns

- Snap and clap in a pattern and have students echo it back. Change it up or add on to the pattern each time.

Transition Times

- Read Aloud
- Songs - ABCs backwards or forwards, Happy Trails for end of day, counting songs, etc.
- Chants - Learning chants for grammar rules, math concepts, etc.
- Tongue Twisters
- Balancing Act – Balance an imaginary [or real] bean bag on your head as you transition

Waiting Times

- **Rhyme Time** – Say a word that rhymes with the last word said,
- **20 Questions** – Choose a topic [book, author, characters, history or science topic] and student have to ask yes/no questions to guess the answer.
- **Air Spelling Practice** – Air write spelling words or sight words and spell out loud together. Do them tiny, big, or fancy.
- **Mental Math** – Practice mental calculations.
- **Guess My Number** [hot/cold or higher/lower]
- **A-Z** - Choose a group of something [animals, school things, places, etc.] and name items from A-Z

Follow the Leader

- **Bubble Mouth + Fish Fins:** Put a large bubble of air in your mouth and hold it. Breathe out of your nose. Pull your elbows tight into your sides and “swim” forward. It’s impossible to talk in the hallway if you have a bubble of air in your mouth and are breathing out of your nose. “Pop” or release the bubble when you arrive at your destination.
- **Tippy Toe + T-Rex:** Tippy toe for a few steps and then go flat foot and T-Rex arms for a few steps, repeat. Create a pattern for the day or a different one for each time you walk in the hallway.
- **High Low:** Walk tall, walk low. Make a pattern.
- **Window Washer:** Wash the imaginary window with big and little strokes. Go high, go low, side to side... Cross the midline as much as you can.
- **Stork, Blind Stork or Tricky Stork:** Stork- stand on one leg for as long as you can, then switch legs. Blind Stork- Same as Stork with eyes closed, Tricky Stork- Same as Stork but touching one pointer finger to nose, shoulder, elbow, knee. Then, switch hands.
- **Walk the 8 or Balancing Act:** Use painters mask to create an 8 or several) on the floor. Students walk the eight several times, balancing on the tape lines as they go. This is the ultimate crossover for the brain. Variation: Tape lines like balance beams on the floor.
- **Push Pull:** Clasp your hands in front of your chest with elbows straight out to the sides. Keep them clasped as you try to pull them apart and push them together several times.
- **Crossovers:** Tap elbow to opposite knee, back and forth between knees. Tap hand to the opposite foot behind you. Switch back and forth between front and back crossovers.