Transitioning Between Classrooms

Situational Stressor

Triggers:

• Student has difficulty with changing classroom environments (i.e. different lighting, subject, smells, different classmates, room temperatures).
• Student is uncomfortable in crowded hallways.
• Student has difficulty gathering supplies and materials for class.
• Student may have difficulties in the upcoming subject area.

Thinking Strategies:

**Student Positive Affirmations**

• I believe in myself.
• I choose to do the important things first.
• I am ready.

**Positive Adult Praise**

• Do something challenging today.
• Remember you are important.
• Good things come to those who wait.

**Activities**

• Take What You Need Tear Offs – Teacher makes a list of tear offs to put on bulletin board for student’s to tear off what is needed for the day. Examples: 1. Today I Will Be…… strong, brave, happy, caring, a friend, amazing, helpful, better, smart, calm, relaxed, hope, courage, peaceful, love, understanding. 2. I need a smile (28)

• Shine Bright – Use the name of this movement pose as a thinking strategy. Encourage your students to “shine bright” in all they do (i.e. taking a test, creating a masterpiece in art or music).
Focusing & Calming Strategies:

- Happy Moments - Teacher has a list of “happy places”, favorite vacation, holiday, playdate, birthday... Tell the students to sit up, close their eyes and think of their “happy place”, then either throughout the day or the week, have them take a moment to focus on a different sense... “what can you see with your eyes”, “what can you hear”, or “smell”. Focus on the colors, and so on. Allow them to linger and enjoy their place and they can leave any time by opening their eyes. When you have time throughout the day allow them to come back to those “Happy Moments”.

Movement Poses & Breathing (See Appendix C)

- Hissing Breath
- Calm Down Dog
- Hang Loose
- Positive Power
- Strength

Sensory Strategies:

**Activities**

- Play calming music when entering/leaving classroom to promote easier transition.

**Tools**

- Give yourself a bear hug.

**Teaching Moment**

Be mindful of the culture of your classroom. Don’t worry that children never listen to you; worry that they are always watching you. (Robert Fulghmen) (4) Is your classroom perceived as calming? Is the tone of your voice calm and relaxed? Emotion is contagious. (Malcom Gladwell) (4)

Developed by: Alisa Deininger, OTR/L, Sarah Kolic, OTR/L & Denise Young, COTA/L (2016) for Every Moment Counts: Promoting Mental Health Throughout the Day. All of the Calm Moments Cards and supporting materials are free and downloadable in the Embedded Programs tab at [www.everymomentcounts.org](http://www.everymomentcounts.org)