



Moving on up!

Practical Transition Activities: Grade to Grade

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As the end of the school year approaches it is important to start thinking about how to prepare our learners for the new locations, teachers and routines in their next grade. Schools generally schedule activities for all students to help with grade-to-grade, and school-to-school transitions; however, learners with ASD may need more opportunities to prepare for these changes of schedule, location, and people.

Marcus is a twelve-year-old who thrives when following a routine. Like many people he does better in new situations and settings when he has been given some information before hand. In past years, Marcus had refused to come to school during the month of September and had challenges getting into new routines and working with new teachers after a summer break. This past year, his teaching team and Dad planned for some additional transition activities and supports. The activities helped Marcus be more confident in his new routine.

Check out what Marcus, his Dad, and his teaching team did to help have a smoother transition into a new grade.

At School

Marcus and his classmate took part in a 'move up' day where they were able to visit the classes and teachers they would have the following year.

Visual Support /Social Narrative

With assistance Marcus created a document that focused on what would be the same next school year. He also included new places and new people he would encounter in grade seven. He took pictures of familiar areas he would continue to use during the upcoming school year (gymnasium, changing room, cafeteria, school office, playground, and bus stop) and of new areas including the grade seven entry door, hallway, lockers, washrooms, and classrooms. He took some pictures of familiar teachers and grade seven teaching staff. As part of a writing project Marcus added the pictures to a PowerPoint, labelling and including important details about each picture. He reviewed and presented his document to a group of his peers, with the intention of helping them prepare for grade seven. The printed and electronic copies were shared with his Dad, and Marcus was encouraged to review during the month prior to school starting.

School Visit

The week before school started Marcus and his Dad had a short school visit. They walked around using the document he created to help review the new and familiar places he would encounter the following week. Marcus was able to greet some of his new teachers, see his new classroom and where he would sit on his first day.

Routine

The week before school started Marcus and his Dad changed their morning, bedtime and meal routines to match school time routine. This helped Marcus adjust from his summer.

See you next week with new tips!

Note: This document does not constitute clinical advice, but rather serves as an example of an effective practice for a particular student. Intervention plans should be based upon assessment, and evidence-based teaching strategies should be carefully selected according to the child's needs, and learning profile.