

CREATIVE INCLUSIVE COACHING

The Importance of Transition Countdowns

Time monitoring strategy - gives participants a concrete visual of the passing of time

Allows processing time to get ready for the next activity

Having participants involved helps them to learn to manage their time

DIRECTIONS FOR UTILIZING TRANSITION COUNTDOWNS

1

2

3

4



- The example above can be used or come up with a creative way to show the transition down from 5 to 1 to “all done”
- Approximately 5-10 minutes before the end of one activity and needing to go to the next announce “in about 5 we are going to wrap up” (does not need to be in minutes)
- Go through each number to give notice as you are moving down the scale - see if they are processing by asking them to repeat back “how much longer till we are done?”
- Give specific cleaning up directions as it gets closer, such as “all the balls need to be in the bucket” & “let’s start getting ready to rotate”.
- Be sure to show the group at the start of the day how this works. Once they are familiar exploring having participants be involved with announcing transitions to the group
- Give praise when a group or participant has prepared to transitioned properly.

For more information or guidance on how to ensure that



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