



Terrific Transition Tunes

*Transitional songs/activities are used when changes in routines occur. Songs help encourage children to follow through with adult requests.

*Children love music and singing. Songs can help all children learn and enjoy routines and they can make transitions to new activities easier for children who struggle with change.

Transition Songs

With children, the melody of the song, you sing does not seem to matter when you are animated and engage their attention. You can use a puppet, a musical instrument, wear a funny hat or a boa, flick the lights or clap your hands to capture their interest. You can create your own melody or even use the melody from a familiar song for the transition songs.

Here are some examples of transition songs:

The Tidy Up Song

“It’s time to tidy up, it’s time to tidy up, it’s time to tidy up the (toys, clothes, etc.), it’s time to tidy up... “

(The melody for this song can be found on- line or you can use your own melody)

Clean Up Song

“Clean up, clean up, everybody everywhere, clean up, clean up, everybody do your share...”

(The melody for this song can be found on- line or you can use your own melody)

*You can use the above melodies or create your own for songs for other routines such as: washing hands, using the washroom, coming inside, brushing your teeth, putting an ipad away, etc.

Examples of the lyrics include:

Handwashing: “It’s time to wash your hands, It’s time to wash your hands, heigh ho the derry-o, it’s tie to wash your hands”

Coming Inside from outdoors: “It’s time to go inside, it’s time to go inside, it’s time to go inside for now, it’s time to go inside”

Putting your ipad away: “Ipad time is finished, finished, finished, ipad time is finished, it’s time to eat some food”

***Some children also benefit from using numbers, letters to ease transitions or directions.** For example: “1,2,3, let’s put the (car) away”; “A,B,C, it’s time to brush your teeth”...

There are additional **games** which ease transitions and help children follow adult directions.

When I Say... Game

The adult says: “When I say (grapes), go get your shoes. Apples, pears, soup, grapes...”

(The words can change to anything the child(ren) enjoy. For example: “When I say cars, wash your hands. Trains, horses, cows, cars...”) The adult can help the child complete the activity when the child is still learning.

When the child is older, the child could take a turn leading the transition game and adults (and other children if present will follow directions.) If there are other children involved, siblings or peers in a day care or school setting, they can also have a turn leading the transition activity.

When I Do...

The adult says: “When I (clap my hands), it’s time to turn off the t.v. for dinner”. The adult might stomp her feet, then shake her head and then clap her hands.

(Change the actions and when the child is able to, the child could take a turn leading the **When I Do** transition game and adults (and other children if present) will follow the directions.) If there are other children involved, siblings or peers in a day care or school setting, they can also have a turn leading the transition activity.

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