

# THE STUDYPRO

**Transition Activities**- are “buffers” between highly preferred activities and non-referred activities. For example, transitions from snap chatting with friends to logging on to Zoom for math class. Kids (...and adults) are often tempted to use up every last second with the preferred activity especially when we don't know when we will get that break again. Moving from one thing to another asks us to use our shifting AND initiation skills. Building in transition activities can help ease the shift and reduce the strain on their executive functions. Not all activities are made the same....when picking transitioning activities look for the following features:

1. **Time-Bound**- there is a natural end to the activity. The maze is finished, the page is colored, the puzzle is completed.
2. **Specific**- “take a walk” is too broad, walk around the living room table 15 times is specific, got a fit bit? 500 steps is about a 5-minute walk
3. **Semi-preferred**- look for activities that are relaxing, satisfying, but not the first choice.
  - Simple coloring page
  - Sudoku
  - Mindfulness Activities-[Calm](#), [Headspace](#), [Go Noodle Flow](#)
  - [Complete a maze](#)
  - [Word search Puzzles](#)
  - [Rebus Puzzles](#)
  - [Word Scrambles](#)
  - [Think outside the box-Finish the picture](#)
  - [Brain teasers](#)
  - Make a paper airplane- 5 chances to get it across the line. Didn't make it? Try after the next break
  - Skill Drills- multiplication chart, 2s, 5s, 10s charts etc.
  - [Sporacle Quizzes](#)
  - [Spot the difference photos](#)
  - [Paper cut-outs](#)
  - “Light” chores: wipe of table, dust the living room tables, wipe down the sink, clean bathroom mirror
  - Ongoing games
    - Jenga (not the whole game, but have an ongoing game throughout the day...pull one piece when transitioning from a preferred activity)
    - Chess-one move each time
    - Puzzle- 3-5 pieces at a time
    - Hangman- one letter guess each time
  - [0-6 minute Ted talks](#)
  - Games on phone (use with caution)
    - [Stack](#)- Build a block tower and see the colors change
    - [Two Dots](#)- Connect matching dots
    - [Prune](#)- “playable” puzzle of growing and maintain virtual trees
    - [Monument Valley](#)- visual exploration puzzle

## Transition Activities- cont'd

- [Take a fun personality quiz](#)- Discuss results over dinner!
- Clean out inbox/desktop/downloads folder

## Making the Choice

Once you create your list or “bank” of transition activity choices, help make the choice by using one of the tools below. Paste the list into: <https://www.randomlists.com/team-generator> to create different categories. Or use the chart below and roll a dice. The three columns give some flexibility.

### Roll a Dice/Pick a color

	Column 1	Column 2	Column 3
			
			
			
			
			
			