

OT/PT PROGRAM TIP SHEET

GROSS MOTOR STRATEGIES TO ASSIST TRANSITIONS

STRATEGIES TO ENHANCE TRANSITIONS:

- Prepare students using time/schedule to alert to need to transition to new area.
- Count down the time to transition to alert students who struggle in transitions
- Respect individual student needs/sensitivities to walking too closely allowing child space from others if sensitive to distance in line
- Fast pace will increase level of energy of students/Slow pace is calming
- Stand next to or provide hand-hold assistance to children who run from group
- Assign child, who struggles with remaining in line, to stand between two compliant students who will guide child in line. Children with visual perceptual difficulties will be assisted by having a person in front when descending stairs.
- Have students carry a lightly weighted item to help center/calm the child
 - Have students move between locations on a scooter board: Seated and pushing with hands on the floor, laying on stomach on board and pushing with hands on the floor.
 - Pretend student is delivering mail (carrying weighted items) to new
- Walk between locations on a tape line on the floor-straight or curvy
- Use as alerting (fast pace) or to clam down (slow/large/forceful steps): Use “Animal Walk” strategies where students are directed to walk like an animal: hop like a bunny, flap arms/wings like a bird, crab walk, giant steps like an elephant, crawl like a turtle, walk with tall posture and long neck like a giraffe
- Create an obstacle course to walk between assigned areas of the classroom
- Place parallel pieces of colored floor tape on floor and have students jump over the lines to move between areas
- Allow child to carry favorite or preferred item between areas to increase compliance with assignment to move to new area of classroom or in hallway
- Sing familiar tune or facts of ABCs or numbers to a tune as you walk in halls
- Have children follow you or an assigned student walking in a pattern in the hallway in “follow the leader” type of game.
- Arrange an obstacle course to navigate while walking in hallway with students
- Calming: Challenge to walk heel to toe in a straight line, to walk on their heels, or to walk backwards in classroom transitions.