**Strategies for Daily Transitions**

[Music]

We often have children who have meltdowns and things like that so morning routine at home can be quite a challenging experience for a lot of foundation children. They come to school with preconceived moods or issues that they've had during that process and we often have to realign their thinking. We have to get them back to that happy zone and they have to get them back to optimal learning time.

So for example a meltdown that we experienced this morning in my classroom was the fact that we had a little bit of change happening; we had a different teacher in the room and we had another person give that child an instruction. It was an organisational instruction; something that he does every morning - bring your boomerang bag in, place it into a book

box. But because that instruction had come from someone different he did have a meltdown where he stood in the classroom and he just started screaming, "I can't do that, I can't do that, I can't do that." When I approached him I said, "we just need to take some calm, deep breaths" and then I said I refocused him too. He's got his own sensory bag which has things in it that he has specifically chosen with allied professionals that have worked with him in the past so that he knows he can choose something from there. That immediately calms him down because he knows he's not in trouble, he knows that there's a way forward and that I'm gonna help him.

So establishing that relationship and that bond with him is obviously primary number one,

and then following the tools that he's used to gives him that calming down mode. Once he was calm I was then able to talk about it with him and I said, "what was really upsetting you this morning?". He said, "that big kid told me I needed to be organised, what does that mean, I don't know what I was meant to do". So it was just the fact that it was changed and somebody different and we just needed to reestablish, "you do know the morning routine

you know how to put your boomerang bag away, show me that we can do it now", and make that a successful experience for him.

[Music]