Format for Good Transition Activities:

1. Novelty
2. Stimulating (utilize the senses)
3. Simple
4. New

Daily Rituals, such as greetings and songs, “jump start” the brain and act like “indicators” to elicit desired behavior. (Transitions and Tricks,2000)

Repetition is critical to permanent learning. Children must do activities over and over again. (Transitions and Tricks, 2000)