

## Understanding Transitions: Learning to Keep Calm

Social Skill:

Reading Level: Intermediate

Type: Everyday

Approach: Explicit



Sometimes I need to change from doing one thing to another. This is called a transition. Transitions happen at school when it is time to move from classwork to lunch or recess. I might feel sad or angry when I am not ready for a transition.

When I hear my teacher say it is time to change activities, my friends and I need to listen and follow directions. Everyone has a chance to finish what they are doing if they listen carefully. I can ask my teacher for a few more minutes if I need it, but it's important to stay calm.

Once, when it was time to stop playing a game, I felt upset. My face felt hot, and my fists were tight. I left the classroom quickly. This was called storming out. It upset my friends and teacher because they were concerned about me.



I can learn to handle transitions better. I need to take deep breaths and count to five when I start to feel upset. This can help me calm down. If I stay calm, I can tell my teacher how I feel without having a tantrum.

My teacher listens to me when I use a calm voice. She understands and helps me solve the problem. When I handle transitions calmly, I feel proud and happier. Everyone feels better too. I can practice these steps each day to get better at handling transitions.

It is okay to feel upset, but I am learning to deal with transitions in a way that makes me and others feel good.

## Key Social Concepts

transition

change

listening

following directions

emotional regulation

asking for time

staying calm

storming out

communicating feelings

problem-solving

## Key Social Concepts (continued)

practicing patience

empathy

handling disappointment

deep breathing

self-awareness

## Social Understanding Questions

### 1. What is a transition according to the story?

- A. A time for playing games
- B. A change from one activity to another \*
- C. A time for taking a nap
- D. A moment to go home

### 2. How should you react when you feel upset during a transition?

- A. Storm out of the classroom
- B. Ignore the teacher
- C. Start a tantrum
- D. Take deep breaths and count to five \*

### 3. Why is it important to stay calm during transitions?

- A. Because the teacher will get angry
- B. So that you can ask for help and be understood \*
- C. Because you won't need to communicate with others
- D. To make your friends jealous

### 4. How did the character feel when it was time to stop playing a game?

- A. Happy
- B. Excited
- C. Upset \*
- D. Sleepy

*\* Indicates the correct answer*

## Social Cues Guide:

### Skill Description

Undefined social skill involves recognizing and interpreting various social cues to engage effectively in social interactions. This skill helps children understand others' emotions and intentions and respond appropriately.

### Social Cues to Watch For

When learning about undefined social skills, it's important to pay attention to facial expressions like smiling, frowning, or raised eyebrows, which can indicate a person's emotional state. Body language is another key aspect; crossed arms might suggest defensiveness, while leaning in can show interest. Tone of voice, such as a loud or soft voice, can communicate different emotions and meanings. Additionally, eye contact and the use of personal space are crucial cues. Recognizing these signals can help children understand how to adjust their own behavior in response.

### Common Misunderstandings

- Thinking a neutral face means someone is upset.
- Assuming a loud voice always means anger.
- Believing that someone not looking at them is being rude.
- Interpreting crossed arms as always being defensive.
- Misunderstanding an invitation to play as sarcasm.

### Practice Scenarios

1. A peer smiles and waves at you from across the room. How do you respond?
2. During group work, a classmate yawns and looks at the clock. What might they be feeling, and what can you do?
3. Someone on the playground wants to share a toy with you. What could an open posture and eye contact mean?
4. At lunchtime, a peer comes and sits down next to you and says 'Hi' with a smile. What does this indicate?
5. You're telling a story and your friend starts to look away and tap their foot. What might they be communicating?