Teacher Tools:
Classroom Routines

Consider this!

- Is the student having difficulty transitioning between activities?
- Is it possible to provide choices during academic activities?
- Is there a lot going on during transitions between activities (e.g., light levels, noise levels or large amounts of movement around the student)?
- Are there warnings being provided with how much time is left for an activity?
- Is the lesson being presented in a multi-modal way (ie. see it, say it, do it) and multi-sensory?
- Is the expectation for engagement age-appropriate?
- Are the students getting movement breaks between lessons and/or activities?

TRY: Visual Schedules

- Ensure your visual schedule includes **pictures**, or even objects to represent the activity. Use real life pictures if available.
- Place your visual schedule in a spot which is **visible** from most, if not all of the classroom.
- Include no background noise (patterns, graphics, etc.) and use an easy to read **font** (e.g., Arial or Helvetical).
- Make your visual schedule easy to **recognize** within your classroom.

TRY: Engagement Techniques

YouTube or other body break type videos, calming or movement based activities such as letter yoga.

Average Attention Span of a child is 2 to 3 times their age	
Age	Attention Span
2 years	4 - 6 minutes
4 years	8 - 12 minutes
6 years	12 - 18 minutes
8 years	16 - 24 minutes
10 years	20 - 30 minutes
12 years	24 - 36 minutes

- Keep classwork light and fun.
- Make presentations visually appealing by adding colours, images, singing or video clips.
- Give body breaks between lessons or during transitions.
- Keep attention spans in mind - remember the "3 minutes per year of age" rule.
- Keep your classroom organized placing extra teaching tools or other distracting objects out of sight (ie. in closets, cupboards or behind curtains).

TRY: Transition Techniques

- Give clear boundaries and time expectations to activities.
- Use timers and multiple visual and verbal transition warnings throughout the activity or lesson.
- Allow the student an opportunity to finish the task later in the day.
- Give the student adequate time to put away toys, tools or other items they were using.
- Place "fun" activities between lessons, testing or other seated desk work.
- Indicate your transition time using a song (eg. when the song is over the next activity or lesson will begin).

YouTube visual timer videos on your projector or whiteboard, or try one of many different types of physical timers.