



Music & Transitions

Why are transitions important:

Transitions can be a stressful part of a child's day. Often transitions are not the child's choice and can be challenging. It's important to make these transitions as calmly and positively as possible.



How does music help with transitions:

Singing instructions with a familiar tune can make this time enjoyable while reducing anxiety. By singing instructions, language is slowed down, and ideas are repeated. This results in a greater focus for children. Adding clapping and other physical actions maintains focus while keeping children engaged.

Musical tips to ease transitions:

Choo Choo Song

Change underlined words to each child's name, and locations that fit the situation in the following song:

Choo Choo Song

Choo, choo, choo, choo
 Choo, choo, choo, choo
 Down the railroad track.
 Choo, choo, choo, choo
 Choo choo, choo, choo
 Then, it comes right back.
 First it goes to _____.
 Then it goes to _____.
 Then, it goes to _____.
 Then it comes right back.
 Repeat...

This is the Way

Change the actions to words like "wash," "walk down the hall," "clean up our toys," etc. to fit the situation.

This is the Way (Sung to the tune of *Here We Go Round the Mulberry Bush*)

This is the way we _____
 _____,
 This is the way we _____
 So early in the morning.

The More We Get Together

Change the words/actions to fit the situation like "clean," "get our coats on," etc.

The More We Get Together

The more we get _____
 _____,
 The more we get _____
 The happier we'll be.

Check out video and music resources we recommend learning by scanning the QR code:

