

Tembo's Transition Toolkit

Fun tools for leaving, stopping,
and moving to what comes next.



A printable activity kit by Sprig

When It's Hard to Stop

Sometimes leaving or changing activities can start a rumble.



Time to leave the playground



Turn off the screen



Clean up toys



Get ready for school



Which one feels hard for YOU?

Transitions get easier with practice.

Tembo's Playground Leaving Plan

A plan helps your body get ready to leave the playground.



Sometimes it is hard to leave when you are having fun.

Which leaving trick could help? Circle one or two.

2 more slides



Hold hands



Race to the gate



Wave goodbye to the playground



My own playground plan

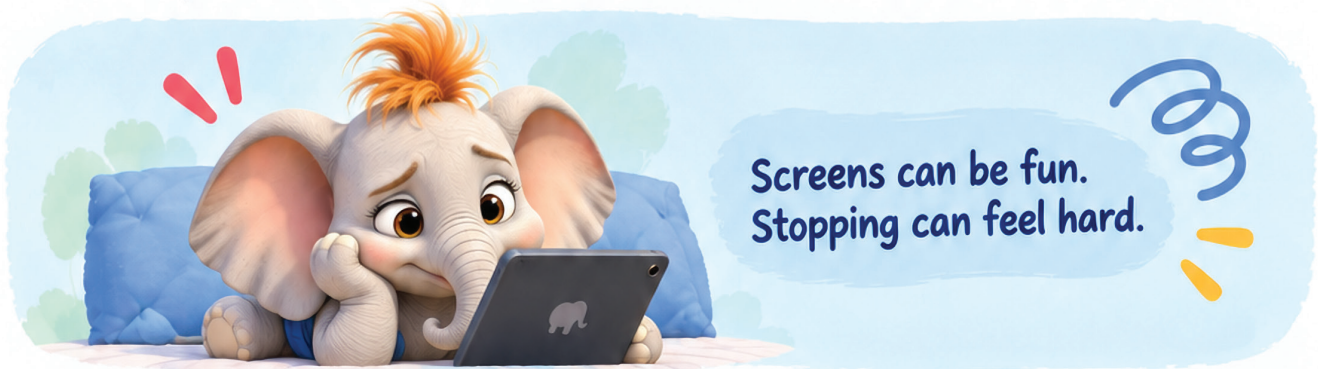
Draw or write what you want to try next time.

Next time I leave the playground, I will...

Practice makes leaving easier.

Tembo's Screen-Off Plan

A plan helps your body get ready to stop screen time.



Which screen-off trick could help? Circle one or two.



5 minute warning



One last video or level



Put the tablet on its charging spot



Pick what comes next: book, blocks, or snack



My own screen-off plan

Draw or write what you want to do after screen time.

When screen time is done, I will...

A plan helps your brain switch gears.

Tembo's Clean-Up Plan

A plan helps your body get ready to stop playing and clean up.



Which clean-up trick could help? Circle one or two.



Pick up 5 toys first



Put one kind of toy in one bin



Use a song or timer



Ask for help

My own clean-up plan



Draw or write your best clean-up trick.

When it is time to clean up, I will...

Little steps can make clean-up easier.

Tembo's School-Ready Plan

A plan helps your body get ready to leave home and go to school.



Which school-ready trick could help? Circle one or two.



Get dressed first



Put on my backpack



Choose how to go:
walk, hop, or hold hands



Pick a goodbye
routine



My own school-ready plan

Draw or write what helps you get ready in the morning.

When it is time for school, I will... _____.

Morning plans can help the day start well.

Tembo's Transition Rumble Meter

When it is hard to stop, your feelings can grow.
Where is your transition rumble?

1		Ready I can stop and move on.	
2		Not sure I still want a little more time.	
3		Bothered I do not want to stop yet.	
4		Upset My body wants to keep playing.	
5		Big rumble I need help to stop and switch.	

Circle the number that feels like YOU
when it is time to stop.



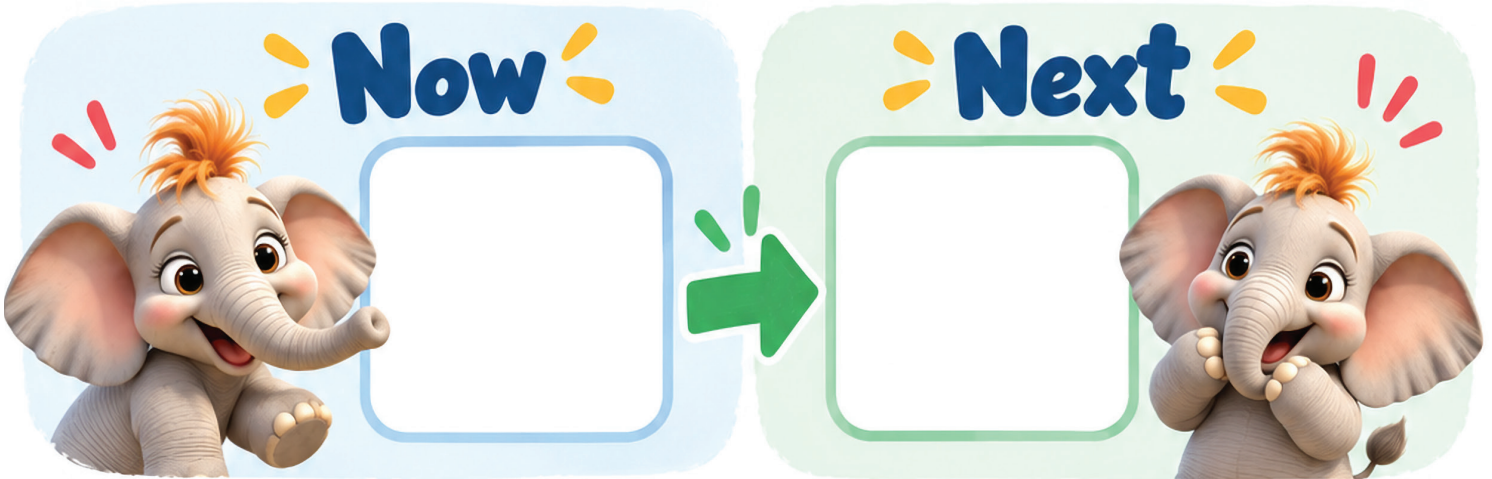
What helps when my number gets big?



Transitions get easier with practice.

What Comes Next?

A little picture plan can help your brain switch gears.



 Cut out the picture cards below!



Tip: Cut, laminate, and use a dry-erase marker or Velcro.



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Tembo's Transition Cards

Cut out the cards and use them for smoother goodbyes and next steps.

5-Minute
Warning



Two More
Turns



First...
Then...



What Comes
Next?



Walk / Hop /
Race



Hold
Hands



Wave
Goodbye



Big
Breath



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