

Ideas for transition activities

1. Hold a purposeful 'goodbye for now' session. Explain what's happening, as much as is possible/appropriate, and be honest that we don't have the answer to every question yet (try and make it as relaxed as possible)
2. Give the children a chance to talk about their feelings, model your feelings about the situation, and make the children feel heard and their feelings validated
3. To those who find transitions particularly difficult – consider giving the child a 'transitional object' that represents the connection between you and them. This could be anything as long as it symbolises the relationship between the two of you
4. Write nice notes to each other and put them in an envelope, then encourage the child to open it once the schools have closed

