

DO THIS AT HOME
It's Almost Time!

Try this at home to help your child prepare for transitions.

What Your Child Will Learn

As adults, we understand how time can “get away from us.” The same is true for children. When using a clock and visual cues, you can help your child learn to organize the time she spends playing and learning. Your child will feel much less “hurried” when she can see the time to finish an activity is slowly approaching.

Materials Needed

large (plastic) clock
small removable stickers

What to Do

- ▶ Place a clock (preferably one made from plastic) low enough for your child to see.
- ▶ Explain to your child that you will use this clock to help her know when it may be time to start or stop an activity.
- ▶ Talk with your child about the clock. Point out in particular the “long hand” and the “short hand.”
- ▶ Use the stickers to mark the time you would like your child to be prepared for a transition or event. For example, if your child has 15 minutes to play and the current time is 11:15, place a sticker by the number six on the clock and let your child know that when the “long” minute hand starts to point at the sticker, it will be time to clean up!
- ▶ When the time has come and gone, remove the sticker. When you want to prepare your child for another transition, you can use a new sticker.



*You can download this activity and the other at-home activities in this book at www.centerforresilientchildren.org/SSES.