



10 TIPS FOR WAITING & WALKING IN LINE

1 || Try a heavy work activity before each transition.

Try wall pushes, jumping jacks, frog jumps, or chair dips. These calming techniques and transition strategies are also great for wait times when kids are waiting to take their turn in the bathroom or if you arrive early for gym, art, or library.

2 || Use stop signs and checkpoints

These are places around the school building where the line can stop and regroup. If your school building doesn't already have stop signs or checkpoints set up in the hallways, establish your own with your students. They can be stop signs placed at intersections, or even just specific places like the bathroom, the office, the end of the hallway, etc.

3 || Tape or paint shapes on the floor to show spacing.

Just inside the classroom door, tape or paint shapes on the floor, ensuring that the distance between them is the distance you would like to see between your students when they line up. This provides a visual indicator that helps with body awareness.

4 || Try a walking rope

.For younger kids, try a walking rope that has colorful handles for kids to hold onto as they transition around the building or out to the playground.

5 || Introduce body space and body awareness activities.

Before they can be expected to walk in a line in the hallway, kids need to develop strong body awareness, or a sense of where all of their body parts are in space, how each of those parts work together or separately, and even how they feel.

6 || Use fidget toys and other "hall passes".

Keep a few fidget tools near the classroom door for kids to use only when they were transitioning in the hallway and called them "hall passes". You can take it one step further and make weighted hall passes.

7 || Keep a key ring with movement activities handy for waiting in the hallway.

Write the names of movement activities (like the ones listed in #1 above) on index cards, punch holes in them, and attach them to a key ring. Hang the key ring by the door to make it easy to grab on your way out for each transition around the building.



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(CONTINUED)**

8 || Bring a prop to encourage movement at checkpoints or while waiting for bathroom.

-A small piece of paper with tape on the back. While kids are waiting in line, tape it up high on the wall and see if they can jump to touch it one at a time.

-A hula hoop. Set it on the floor when you're stopped at a checkpoint. Have kids jump into it and back out one at a time as they leave for the next checkpoint in the hallway. Repeat as you move through the building

.-A large cardboard building block. For stepping or jumping over at each checkpoint (as described above).

9 || Make it a game.

Keep little minds and eyes occupied and focused by playing a game of I Spy as you transition throughout the building. Before you leave the classroom, challenge the entire line to look for 3 red things in the hallway as you make your way to the gym. Or have them hunt for something that is round on your way to the cafeteria.

10 || Work on those stairs.

When kids aren't confident in their ability to climb up and down stairs, they may hesitate or approach the stairs with extreme caution during transitions around the school building.

For kids who live in apartment buildings or single-level homes, stairs may present an extra challenge since they haven't had as much exposure to them.