

**Transition Countdown:**

- Use the transition countdown (5-4-3-2-1-stop) visual or a verbal countdown to help your student prepare your student to transition from a preferred activity to a non-preferred activity
- Place a chip (or handy item) on 5 and every minute or so, move it down a number and let student know how much time is left until time to stop (Ex: “4 more minutes until stopping break time”)
- Provide praise for transitioning appropriately when the chip reaches the stop sign



5		5		5		5
4		4		4		4
3		3		3		3
2		2		2		2
1		1		1		1
						

