

Rebecca Heniser's 3rd Grade Class: Transitions



1. Deep Breath for Each Step - The kids have expanded on this – they take a deep breath for each time their foot goes into a different tile square on the floor.
2. Thumb Walk - Kids walk slowly and count how many times (in their head) they can twirl their thumbs. We then make this into a math problem during morning meeting. Sometimes we'll change it up and while walking slowly, we see how many times we can say the ABC's in our head or spell our names. We will then turn this into a morning meeting math problem as well.
3. Stretch Walk - While walking slowly, the kids stretch out each limb in slow motion as they walk.
4. Sun Dance - We do the yoga sun dance while walking.
5. Step Counting - In our heads, we count how many steps it takes to get from one place to another. This can also be used as a class math problem for morning meeting.
6. Animal Walk - One student chooses an animal to imitate while transitioning.
7. Crab Walk - Walk like a crab (I only do this in my classroom as this can get a little crazy. But it's a great way to get the wiggles out!)
8. Our newest and most popular transition at the moment: Mirror Walk - The student that is leading the line chooses the motions as we walk. The students have to mirror the leader as we walk. This causes them to walk in a straight line because they have to mirror the person directly in front of them.