DIFFICULTY WITH TRANSITIONS

Countdown Cards



Cut out the cards. Hand your child one card each minute, from 5 down to 1.
Then show what comes next.

5
minutes

4
minutes

3
minutes

2
minutes

1
minute

Finished
wave goodbye

Now

→

Next

Draw or write in the boxes, or stick on a photo.

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DIFFICULTY WITH TRANSITIONS

Save It and Say Goodbye



Saved cards show your child their play is waiting. Goodbye cards give the ending a small ritual.

Saved for later

Name and what it is:

Saved for later

Name and what it is:

Saved for later

Name and what it is:

Saved for later

Name and what it is:

Wave goodbye

One last go

High five

Take a photo

See you soon

Blow a kiss

Our three hardest moments

Moment	Warning we use	What comes next	Goodbye ritual

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