

Tips and Tricks for Waiting & Walking in Line



Try heavy work before hallway transitions

Working against resistance can be calming and organizing. Try wall pushes, chair dips, or pushing/pulling something heavy.



Use stop signs & checkpoints

Create spots around the school where the line can stop and regroup. Stragglers can catch up and everyone can double check that they're following the rules!



Create floor spots

Use tape or paint to create boxes or other shapes on the floor to indicate where kids should stand. This can help with body awareness as kids are lining up.



Try a walking rope

A walking rope has colorful handles for kids to hold onto as they transition around the building. This is a tangible way for kids to learn how to stay with the group.



Practice body awareness

Try body sock activities or stop and go activities. Use visual prompts like carpet squares or hula hoops to indicate personal space during games.



Use fidget toys as "hall passes"

Keep a few fidget toys near the classroom door for kids to use only when they are transitioning in the hallway. Try a weighted item as a hall pass for heavy work.



Add movement breaks

Make a key ring with laminated pictures of different movement activities and keep it handy for waiting in the hallway. Try wall sits, balancing on one foot, etc.



Practice stairs

During classroom movement breaks, play games where kids have to balance on one foot. Place stickers on each stair to show kids where to place each foot as they go up/down.