

References for Conference Call

Alert Program® and Transitions

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The following resources are listed in the order (approximate) that they were mentioned in the Conference Call. Please note that some of the resources are no longer available. As the internet continues to evolve, we cannot control access to the web pages or blog posts of others. We hope that if a specific resource is unavailable, you'll be able to find something similar using the unavailable titles as keywords in an internet search.

- [Easy Songs for Smooth Transitions Book](#) by Araujo, N., & Aghaya, C.
- [Test Drive: Introducing the Alert Program® through Song](#) (book/digital files include songs that could be appropriate for bedtime routines):
- Co-Regulation addressed in Naptime Tips Article – no longer available
- [Lee Pennington Neill](#) – speaker and educator in CA
- “Good Old Transitions and Sensory Issues” article – no longer available
- Michelle Garcia Winner - Executive Function Skills a root of Social Learning Tree – no longer available
- “Autism and Classroom Transitions” article – no longer available
- [Take Five: Staying Alert at Home and at School](#)
- [Humdinger Rap Song](#) by Alert Program®

More traditional type of teacher suggestions for transitions:

- [Transition Linky Party at Little Miss](#)
- [One minute activity/movement breaks on tongue depressors](#)
- [TEACCH Program – visual schedules](#)
- [Video clip of how to create a song playing alarm on computer](#)
- [Laminated cards to make to indicate “10. 5. 1. time is up”](#)
- [Time Timers – visual timers](#)
- [The Alert Program® With Songs for Self-Regulation Digital Version](#)
- Using music to transition in a classroom – no longer available
- [Using music for transitions in classroom for older students](#)
- [How to set up iTunes to use songs in transitions](#)

Additional resources, not mentioned in the Conference Call:

- “Transitions... for Life” 4 simple suggestions – no longer available
- [List of song suggestions to use for transitions](#)

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Common Sense Disclaimer

As responsible adults, we must use common sense when supporting others. If you are unsure of something that has been mentioned here, have questions, or just don't have a good feeling about trying something, trust your judgment and don't do it! I encourage you to seek help from a trained professional (often an OT in your area) or you can purchase consultation time with us here at TWI. You deserve support!

To learn more about additional distance learning options, research, articles or Alert Program® books, games, and songs go to:

www.AlertProgram.com