VISUAL SUPPORTS AND DAILY ROUTINES

Transition Warning Cards

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Cards and a short routine for giving a clear warning before a change, so a transition is not a sudden stop.

These are simple, original My SEND Friend drawings and empty boxes you can fill. They are not PECS, Widgit, Boardmaker or any other licensed symbol system. Use the person's own words, photos, or drawings if those work better. A visual is a support, not a test — stop or change it if it adds pressure.

Who this is for

Families and settings who want a consistent way to show that something is about to change.

What is inside

- How to give a warning that is actually usable
- Warning cards
- A two-step transition board
- A planner

Please read this first

This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. It does not guarantee an assessment, plan, adjustment, payment or any other outcome. Check current official guidance (for example GOV.UK) and get individual advice from SENDIASS, IPSEA or a suitably qualified adviser when you need it.

A warning only works if it is true

“Two more minutes” has to mean two more minutes, as far as you can manage. Give the warning in the same way most times. Pair a card with spoken words if that helps, and offer a way to finish or to take something into the next activity when you can.

Warning cards

Show the card, then the next activity. You can also write a time or a number of turns on a blank card.



Almost finished



Two more minutes

One more turn

Then we will

Change of plan



Finished



Now we are going



Help



Break first

Transition board

Use this when moving from one activity to another.

ALMOST FINISHED

Place a card or write here

THEN

Place a card or write here

These visuals use simple original drawings from My SEND Friend. They are not from a licensed symbol library.

Our transition plan

The changes that are hardest, and the warning we will use

What can come along to the next activity, if that helps (a toy, a card, a job)

Useful next steps and sources

Use what helped in this pack and leave the rest. You can come back to it when you need to. Live tools on mysendfriend.co.uk remain free, including Help Me Now, the SEND Letter Builder, the Reasonable Adjustments Builder, the DLA and PIP Claim Planners, and the free resources hub. Saving work to My SEND Plan is optional.

Where to check official or independent information

Guidance and benefit rules can change. Check the current official position, and get individual advice when you need it.

- mysendfriend.co.uk visual supports and family tools
- Adapt every chart to words and pictures the person already knows
- This is not a behavioural programme and it is not a licensed symbol set

A reminder about this free pack

This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. Using it does not start a statutory process or guarantee a particular outcome. Adapt every page to your situation.

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