



# Smooth Moves • Transition Rhymes for Happy Toddlers

Morning Wake-Up Routine:

"Good morning, sunshine, rise and shine, It's time to start our day, so let's feel fine!"

Tidy-Up Time:

"Toys away, it's time to play, Let's tidy up and make our way!"

Transition to Morning Play:

"Breakfast done, now let's have some fun, With games and laughter, our day's begun!"

Pre-Nap Wind Down:

"Quiet time, it's naptime soon, Snuggle close under the moon."

Prepare for Outing:

"Shoes and hat, don't forget your toy, We're heading out, oh what joy!"

Transition from Outdoor Play:

"From outside to in, our playtime ends, Let's wash our hands, and make amends."

Mealtime Preparation:

"Chop, chop, stir, stir, mealtime's near, Let's cook together, the food smells dear!"

Transition to Bath Time:

"Splish, splash, in the tub we go, Bath time fun, with bubbles aglow!"

Evening Cleanup Routine:

"Toys to bins, and books to shelves, Let's tidy up, all by ourselves!"

Bedtime Ritual:

"PJ's on, it's time to rest, Close your eyes, and be our guest."



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