



## SCHEDULES AND TIMERS

Schedules are a vital tool for children with an autism spectrum disorder (ASD). Many children have difficulties accepting change and transition from one thing to another – a schedule helps them see and understand what is going to happen next. Schedules also help people to organise themselves and to plan ahead.

Timers tell the child HOW LONG and WHEN they are going to have to do an activity. Timers allow us to pre-warn the child. They help answer many of the questions these children have: What is happening? What order? What time? What is next? How long?

### 12 Top Tips for Using Schedules and Timers:

1. Break tasks down into small achievable tasks, with realistic timeframes. Use digital timer on Portable Schedule to count UP or DOWN. For example: Time for school = clean teeth, toilet, bag, hat.
2. Help move from one activity to the next. For example: Mat Time, Reading, Recess.
3. Finish. Letting a child know how long to go and what is next.
4. Independence. Allow students to self monitor and move from one task to another without prompts.
5. Toilet Timing! Put the visuals for toilet on the Portable Schedule: Toilet, Flush, Wash Hands, Dry Hands and re-set for 1 hour or more!

### At Home

6. Set 10 minutes to get dressed – attach relevant clothing visuals to Schedule.
7. Morning Routine – Breakfast, TV, Get Dressed.
8. 5 minutes doing Lego and then Mum will be ready.

### At School

9. 10 minutes work, 5 minute break, 10 minutes work etc.
10. How long will it take to write x sentences or how many words can you write in x time. You can use this idea for reading, maths, worksheets etc.
11. Set up for Recess/Lunch with a schedule of activities.
12. 20 Minutes for Assembly put visuals on strip for song, awards etc.

**Secondary:** Portable Schedules are perfect for secondary students as they are like a bookmark, they are nice and discreet for students to keep track of time of class, to complete tasks, prepare for class bells to ring etc.

**Recommended Resources (available online at [www.suelarkey.com](http://www.suelarkey.com)):**

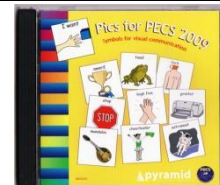
**Time Timers**  
20cm Timer  
7.6cm Timer  
Timer CD for  
computer



**Portable Schedule  
with Digital Timer**  
*Links visual  
schedules with a time  
frame.*



**Pics for PECS**  
*CD contains over  
2,000 icons.*



For more tip sheets, to sign up for a free newsletter or request a free catalogue visit:

[www.suelarkey.com](http://www.suelarkey.com)