



Using 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 time frames. Use a digital timer on Portable Schedule to count UP or DOWN. e.g. time for school = clean teeth, toilet, bag, hat
2. Help move from one activity to the next. e.g. mat time, reading, recess
3. Finish. Let the 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 on the Portable Schedule: toilet, flush, wash hands, dry hands, wait an hour etc.

At Home

6. Set 10 minutes to get dressed - attach relevant clothing visuals to Schedule
7. Morning routine - breakfast, get dressed, ready for school
8. 5 minutes doing Lego and then Dad will be ready

At School

9. 10 minutes work, 5 minute break, then another 10 minutes 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 a strip for song, awards etc

Secondary: portable schedules are perfect for students as they are like a bookmark, they are nice and discreet for students to keep track of time for class, to complete tasks, prepare for class bells etc

RECOMMENDED RESOURCES

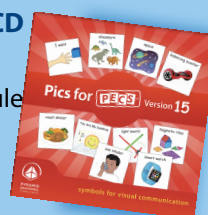
Liquid Timer (3 minutes)

\$15
CODE ST17



Pics for PECS CD

Visuals used on portable schedule



Portable Schedule

\$20
CODE O02





TIMERS: KEY RESOURCE FOR SCHOOL & HOME

Time Timer displays the passage of time with a disappearing red disk. This is a powerful tool for visual thinkers of all ages and abilities.

Time Timer Small 7.6cm

Has a protective cover that flips over to serve as a desktop stand.



CODE TT2 **\$45**

Time Timer Large 20cm

Can stand alone or easily hang on the wall.



CODE TT1 **\$60**

Time Timer Plus - 14.5cm x 18cm

Durable case & clear lens to protect. Handle makes very portable.



CODE TT5 **\$75**

Time Timer Watches

Comes in two modes:
Time Timer or Clock

Youth | code: TT4

Adult | code: TT4

\$105



Time Timer Mod - 9.5cm x 9.5cm

Silicone cover that offers an extra layer of protection from the bumps and falls.



CODE TT6 **\$55**

Portable Digital Schedule

Can use as a clock or you can set the time to count up and down.

CODE 002 **\$20**

