

TOP TIPS FOR USING TIME TIMERS

For anyone who wants to measure and manage time more effectively, the **Time Timer** is an innovative visual timer designed to “show” the passage of time through the use of a red disk that disappears as time elapses. Unlike traditional timers that fail to make the abstract concept of time concrete, the Time Timer’s visual depiction of “time remaining” **provides stress-free time management at school and home.**

Timers tell the student HOW LONG and WHEN they are going to have to do an activity. Timers allow you to pre-warn the student about activities finishing or starting. They help answer many of the questions these students have: What is happening? What order? What time? What is next? How long?

REMEMBER

Many students with ADHD do their best work within the last 5-10 minutes of the lesson. If you don’t use a timer you will miss this last burst of work.



TIME TIMERS CAN SUPPORT STUDENTS TO:

- ✔ **Ease stressful transitions** by showing “how much longer” and “here’s what ‘5 more minutes’ really means.”
- ✔ **Show when challenging activities will end:** “Let’s go shopping for 30 minutes.” “Handwriting for 30 minutes”
- ✔ **Help everyone** (especially new staff or visitors) stick to the routine.
- ✔ **Reduce anxiety** by creating predictability & consistency
- ✔ **Help develop a reliable internal clock** (especially for ADHD students)
- ✔ **Help with organisation & time management** so don’t get ‘caught up’ in preferred activities
- ✔ **See at a glance how much time is left**
- ✔ **Keep lessons/activities focused and on track**
- ✔ **Effectively manage small groups** for differentiated instruction
- ✔ **Provide focus for individual work** (help self manage time)
- ✔ **Tests / Exams** (Fantastic for Time Management in Naplan)
- ✔ **Know how long to speak** in presentations (News, Debates, Class Presentations)
- ✔ **Empower students to manage their own time in ALL activities**
- ✔ **Ensure equal time** for taking turns
- ✔ **Break Times** (Help self regulate break times, know when they are going to occur and for how long so they return to work etc)
 - Use timer to have set Toilet /Drink and Snack Breaks (see page 24 for more info)
- ✔ **Break larger challenges into smaller tasks** or amounts of time
- ✔ **Rotate learning stations**
- ✔ **Manage Screen Time** or “Special Interests” (see page 11 for more info)
- ✔ **Help students ‘slow’ down** and not rush OR ‘speed up’
- ✔ **Many students lose track of time** when they are doing something they love. Often they do not have an end point or they want to repeat the activity. **Timers create a finish point.**



Top Tip: Add Visuals to your time timers by using velcro Visual ‘Pics for Pecs’ sold separately see page 27.



MINIMISING STRESS AROUND TIMERS

Although timers can provide a timeframe for the student to work within, **helping them keep focused and on track**, for some students, timers can be a source of stress. Worries can include; finishing too soon, not finishing within the given time and the sound of the timer going off. In order to minimise this stressor, talking about time as much as possible can be very helpful.

- 1** Make sure the task can be done **within the given timeframe** so they don't get worried, then try explaining the desired expectations and outcomes of using the timer.
 - You could even **try modeling the timer on yourself** showing them how it can be used (“I have 10 minutes left, I need to work a bit faster” or “Oh dear I ran out of time, that is ok”).
- 2** **Write social stories** on what to do if the timer finishes - remember that sometimes they can ask for 5 more minutes to finish, etc.
- 3** **Use visual schedules** to support the use of timers, so when the time is up the child knows what is next.
- 4** **Explain when/why time is important in everyday life** (Bus/Train timetables or length of TV episodes).
- 5** As many children are anxious about loud “buzzers” or sounds, the **Time Timer makes a sensory friendly beep sound** which can be turned off if necessary.
- 6** **Giving 5 minute warnings before an activity needs to finish** can make a huge difference to smooth transitions.



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**

