

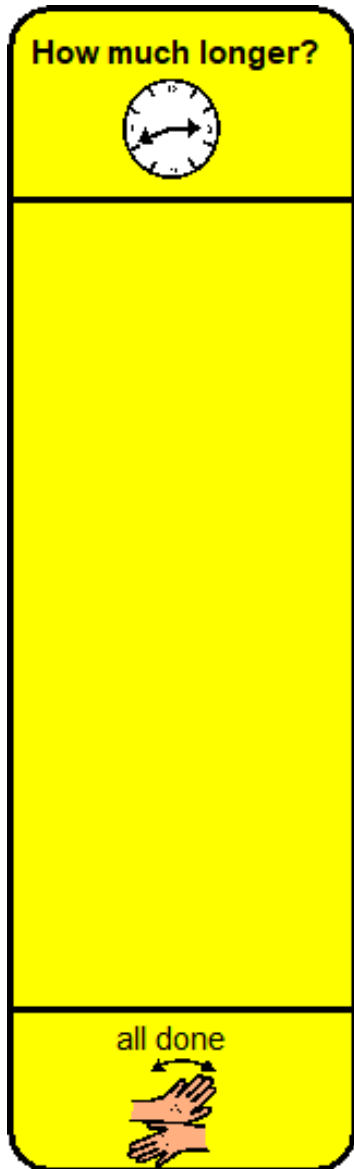


Countdown Timer

Some individuals on the spectrum have difficulty with waiting, especially during busier times like travelling through an airport. Showing the progression of time in a visual way can sometimes make waiting easier to manage.

To make the countdown timer laminate the following visuals, put a velcro strip down the middle and attach your numbers running from 5 at the top to 1 at the bottom. You can then at intervals of your choosing take numbers off one by one whilst verbally saying ; '4 left etc' until you get to 1 and then its 'all done'.

Tip - Put another strip of velcro on the back of the timer so that when you take your numbers off you can stick them there and they wont get lost



- 5
- 4
- 3
- 2
- 1

