

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 won't get lost



how much longer?



5

4

3

2

1

all done!

