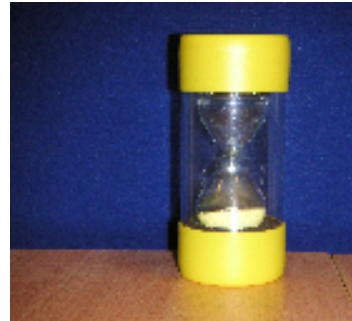


## Time

### Signal change



### Why use timers?

- Children on the autism spectrum can struggle to understand the concept of time
- Demarcating time with clocks and sand timers means that it is visually clear when an activity is going to finish and when it is time to move on.
- Sand timers work well with younger children as they can see the 'time' passing as the sand pours through and can self manage the activity.

### How to use

- Using different coloured dots on each end of the timer can help manage extending the time (start with the red dot then turn to the blue dot) or as a check that the timer hasn't been turned twice.
- Beware when speaking about time that a phrase such as 'In a minute we will be .....

### Where next?

- Older pupils may prefer setting digital alarm clocks or similar devices which can promote developing independent study skills.