

Ways to use the Easi-Timer

The Easi-Timer is a visual and auditory aid to promote self-management, focus and independence. It has no numbers displayed to help create a more calming and relaxing environment. Here are some suggestions of ways you can use the Easi-Timer.

Timing Tasks

A perfect way to time tasks. For example:

- Clearing away activities and tidying the room.
- Timing challenges during playtime.
- Supporting morning or end of the day tasks such as bedtime routines.
- Timing games such as a scavenger hunt.
- Setting up friendly competitions.

Supporting Structure

- Offers a visual learning aid to help understand the concept of time.
- Manage time together and use the timer as a planning tool to work out how much time will be needed to complete tasks.
- Use the timer to create a calm time for reading or sharing a book together.
- Time maths challenges and problem-solving tasks. See if times can be beaten with friendly competitions.
- Set a time for times tables practice or a spelling activity. Discuss the amount of time to complete an activity.

Group Work

- Keep track of the time with tasks to help with planning enough time for discussion, research, recording, presenting and reviewing.
- Set times for group tasks so that everyone understands how long they have and can see how much time they have left.
- Time presentations and give each person and group an equal amount of time to share work.
- Use the timer as a visual way for taking turns in group work or for sharing resources so that everyone has time to contribute.

Transitions

- Signal activity changes to show when one task ends and another starts to help transitions run smoothly.
- Use as a way to provide short breaks between activities or tasks. It could be used to time these breaks support transitions between tasks/sessions.

Independent Work

- During independent work you can use the timer to set time limits and keep children on track. This can help with developing children's independence with organisation.
- Use for waiting periods to help reduce anxiety. The calming visual display will give the individual something to focus on while they are waiting.
- It could be used at home or at school to monitor/offer screen time.
- Use for homework activities and time writing exercises or reading activities.
- Use the timer to break down larger tasks into smaller more manageable chunks.
- Help with motivation during independent work or for now and next structures, so that children are clear how long they have for each task before the next transition.

Reflection and Regulation

- Use as a support for regulating emotions and allowing time to readjust to situations. For some, watching the lights becomes a calming ritual, a quiet moment to find balance again.
- Create time for relaxing and calming moments and enjoy giving your mind a break during tasks. Perhaps plan some wellbeing activities such as breathing exercises for a selected period of time.
- Use the timer to support during reflection times to give individuals a focus point while they think about what has happened and how they can move forward.

Attention and Listening Skills

- Use the Easi-Timer for different activities to support children with developing their attention and listening skills. The time set for these activities could be extended over time, so they are gradually supported to concentrate for longer periods.