

Using Timers

Time and transition (preparing for change) can be tricky concepts for some of our children. When talking about time in relation to transition, it often helps to let children see what you mean by using a timer or giving a countdown. You can use a simple egg timer or any number of visual timers that you may already have at home.



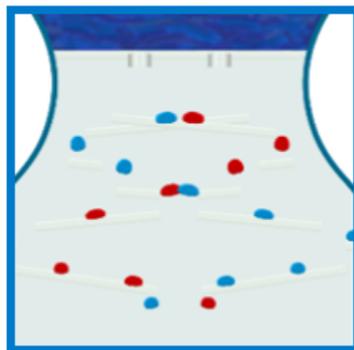
If you have internet and a screen available such that on a mobile phone, it may be helpful to use one of the timers shown below by using the following link.

<https://www.online-stopwatch.com/sensory-timers/>

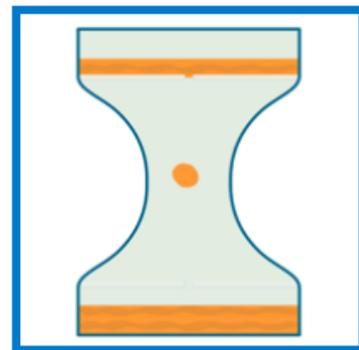
To give you an idea of what is available on the above site, we have included pictures as well as some of the information that you may find useful if you decide to visit:



Liquid Sensory Timer

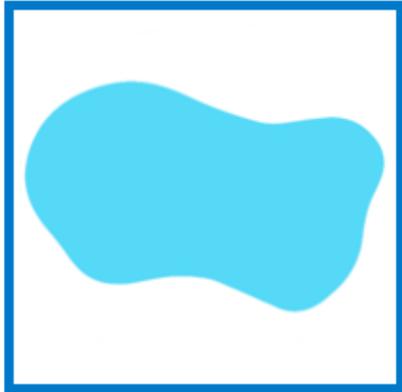


Bubble Timer

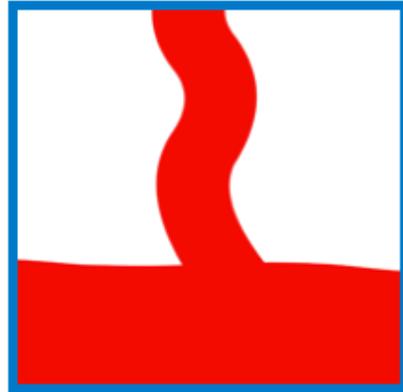


Liquid Egg Timer

These colourful liquid timers, or bubble timers are designed to relax and calm anyone who uses them! The bubbles float to the bottom and fill up, like a sand timer, but with liquid bubbles!

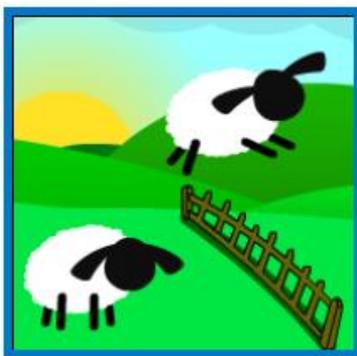


Lava Lamp Timer

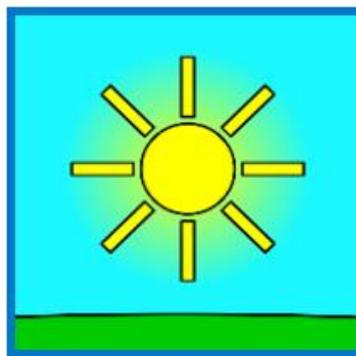


Flowing Goo

Your child may enjoy the colour-changing, gentle movement of these gooey oil liquid timers on the site. Like the calming movement of a lava lamp, these timers can be a great way to relax and keep track of time without being constantly reminded by a ticking clock or numbers.



Sheep Jumping



Sunset Timer



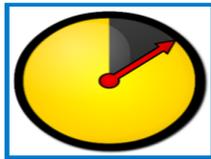
Candy Picker

These timers are probably like no timer you have seen before! Set the time and then the scene will take that long to complete. For example, set 5 minutes, and it will take 5 minutes for all the sheep to jump over the fence, or 5 minutes for the sun to set.

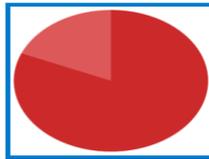
Source of information: <https://www.online-stopwatch.com/sensory-timers/>

Other useful timer ideas that you will find on this website include:

- Relaxing Circle timers



Classic Ring



Color Circle



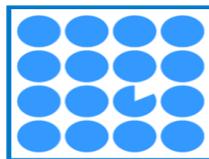
Color Ring



Sensory Arc

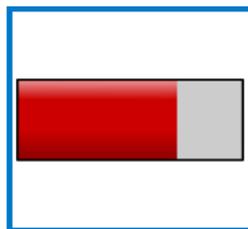


Arc Timer

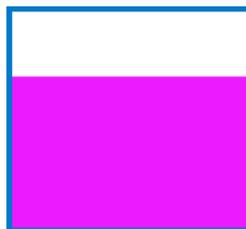


Circle Wall

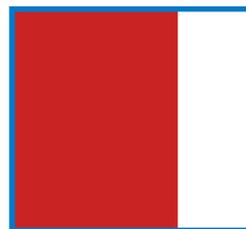
- Loading Bar timers



Loading Bar

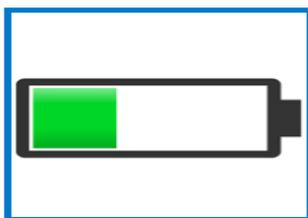


Vertical Bar

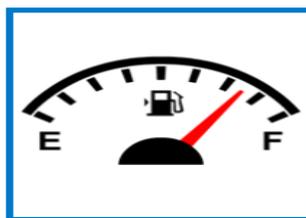


Horizontal Bar

- Fuel Gauge timers



Battery Bar Timer



Fuel Gauge Timer



Fuel Bar

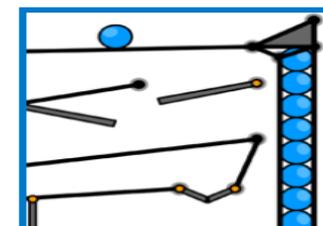
- And these 'kinetic' timers



Sand Timer



Candle Timer



Marble Timer

Source of information: <https://www.online-stopwatch.com/sensory-timers/>