

IDEAS TO USE LIQUID TIMERS TO TEACH, CALM AND MOTIVATE

Liquid timers are an incredibly useful tool to use with ALL children. The three minute desk top water wheel timer. They are wonderful as they can be used over and over and can be used in so many fun and effective ways.

HERE ARE SOME IDEAS TO GET YOU STARTED:

- 1 Use for calming or stress release for the child.** Often the slow dripping of the liquid or spinning of the wheels inside can be relaxing!
- 2 To give a child time to process,** WHEN the timer has dripped through THEN we will _____ (start work, go inside, etc). Allowing the child those three minutes to calm and refocus/process is AMAZING.
- 3 Create a sensory soothing area.** Some children need a quiet area to sit. Giving them a liquid timer to watch while they are sitting is like magic or in "rest" time.
- 4 Use as a reward – children with ASD often like to watch items that drip or spin.**
- 5 Teach the child to wait –** "WHEN the timer has finished THEN you can go outside".
- 6 Time the student to get faster at an activity,** eg: "Can you write three sentences before the timer finishes". "Can you pack away and sit on the mat before the timer finishes". Always make sure the task is achievable in the timeframe.
- 7 Count down to an activity** starting or finishing.
- 8 "Can you pack away and tidy your desk** before the timer finishes?"
- 9 Measure how long to do an activity:** "brush teeth", "sit on toilet", "chew food".
- 10 Attach visuals "finish" or "wait"** or schedules like brushing teeth, getting dressed.
- 11 Indicate "when" you are available.** Sometimes children want us straight away. Help the child wait by saying "when the timer drips through then I will.



Large Liquid Timer



Small Liquid Timer Key Chain