

# WHAT IS TIME BLINDNESS?

## TIME BLINDNESS: WHAT YOU MIGHT SEE

Puts things off until last minute

Difficulty with work pacing

Chronically Late

Difficulty starting and finishing

Rushes through work carelessly

Wasting "losing" track of time

Difficulty estimating how long

Procrastination

Difficulty waiting

Difficulty with transitions

Difficulty completing long-term projects

## TIME BLINDNESS: IDEAS TO TRY

Break tasks down into manageable chunks and discuss how long each part takes.

Adapt time tools and strategies to individual needs and preferences (digital vs. analog, count up vs. count down).

Provide reminders and alarms to help students keep track of time.

Positively reinforce students when they manage time well and arrive on time.

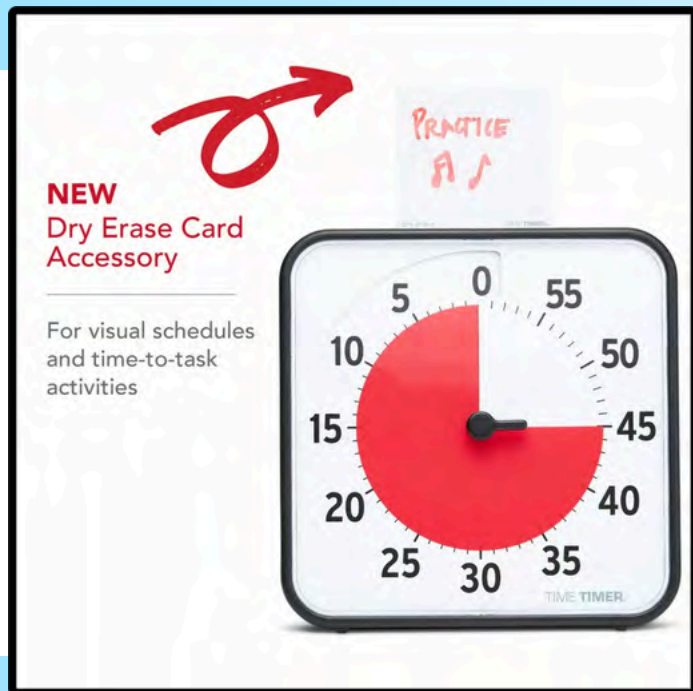
Incorporate routines and schedules to help students develop a sense of time passing.

Teach time management skills explicitly, including planning, pacing, and having a "Plan B" if time runs out.

Use visual timers, such as Time Timers, liquid timers, and portable digital schedules, to make time more concrete and accessible.



# Sue's Top Pics for TIME TIMERS



## The Time Timer

*A must have for every classroom*

- ✓ Magnets to attach to whiteboard
- ✓ Legs to move to all environments
- ✓ Alarm can be turned off or on

Time Timer – 20cm (Medium) Classroom Set (Set of 3)



Primary Colour Set



Secondary Colour Set



Time Timer PLUS  
13.75cm x 17.5cm



Time Timer MOD  
9 x 9 cm



Time Timer – 7.6cm  
Small



Portable Schedule  
Timer



Liquid Timers



Liquid Key Ring  
Sensory Tool

# EDUCATORS GUIDE TO EXECUTIVE FUNCTIONING

Why it Impacts Learning and Behaviour & What to do

Available  
25th Nov  
Register  
Interest now



How to Support Neurodiverse Students (**ASD, ADHD, PDA, ODD**) in your Busy Classroom.

## ONLINE ON-DEMAND COURSE

Join Dean Beadle, International Speaker & Autism Expert, for an enlightening course on Executive Functioning where he gives strategies from his lived experience and evidence-based research.

Dive into seven comprehensive lessons, starting with an introduction to Executive Functioning and the impact on learning and behaviour in Neurodiverse students (ASD, ADHD, ODD & PDA).

Starting with core Executive Function skills, learn how they affect daily tasks and behaviour, while addressing common myths that can hinder support. Discover targeted strategies for both home and school environments, with specific focus on building Executive Function skills in the classroom.

This course equips educators, parents, and professionals with concrete tools to support Executive Functioning across different settings.

### "BONUS E-book on Executive Functioning"

*Hundreds of Tips and Strategies to apply from course - over 30 pgs.*

#### What's included?

- ✓ Online On-Demand ✓ **2 Hours** ✓ 6 weeks to complete ✓ Certificate
- ✓ Handout includes Additional Templates Tips
- ✓ IT Support

## HOW TO REGISTER

Register at: [elearning.suelarkey.com.au](http://elearning.suelarkey.com.au)

Group Discounts Available.

Schools and other Organisations wishing to register groups of Staff or for use in Staff

Meetings for Professional Development please email [support@suelarkey.com.au](mailto:support@suelarkey.com.au)



**Sue Larkey**

20 Years Experience in Autism  
Education & Training



**Dean Beadle**

Autistic Adult and Education  
Consultant

# EDUCATORS GUIDE TO EXECUTIVE FUNCTIONING

What you can do to Support Neurodiverse Students (**ASD, ADHD, PDA, ODD**)

## LESSON OUTLINE

### LESSON 1 What is Executive Functioning and Autistic Inertia

- Understand the crucial equation "Autism + Environment = Outcome" and its implications for support
- Discover why seemingly calm behaviour at school doesn't always indicate a lack of anxiety

### LESSON 2 Myths and Misconceptions about Executive Functioning, ADHD & Autistic Inertia

- Discover how autistic inertia affects/ADHD paralysis, the ability to start and stop tasks
- Understand the difference between "won't" and "can't" in autistic behaviour

### LESSON 3 Time Management in the Classroom: Why it's so difficult and how to make it easier.

- Understand how autistic individuals experience time differently
- Explore why task sequencing affects the ability to plan ahead

### LESSON 4 Key Strategies for Supporting Executive Functioning at School & Home

- Learn concrete executive functioning "hacks" for home and school environments
- Discover how to simplify daily routines through strategic organisation

### LESSON 5 Classroom Strategies for Building Executive Functioning Skills

- Discover how to create opportunities for skill development through games and activities
- Learn why visual supports are crucial for executive functioning success

### LESSON 6 Understanding Autistic Inertia and ADHD Paralysis

- Learn the "All you have to do is..." approach to breaking down overwhelming tasks
- Understand how to identify and plan around "freeze" moments

### LESSON 7 Emotional Regulation and the Importance of Safe Spaces

- Understand the connection between executive functioning and emotional regulation
- Learn how to create effective, safe spaces in educational settings