

Puts things off until last minute

Difficulty with work pacing

Difficulty starting and finishing

Procrastination

Chronically Late

## TIME BLINDNESS: WHAT YOU MIGHT SEE

Difficulty estimating how long

Rushes through work carelessly

Wasting "losing" track of time

Difficulty with transitions

Difficulty waiting

Difficulty completing long - term projects

# TIME BLINDNESS: IDEAS TO TRY

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.

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).

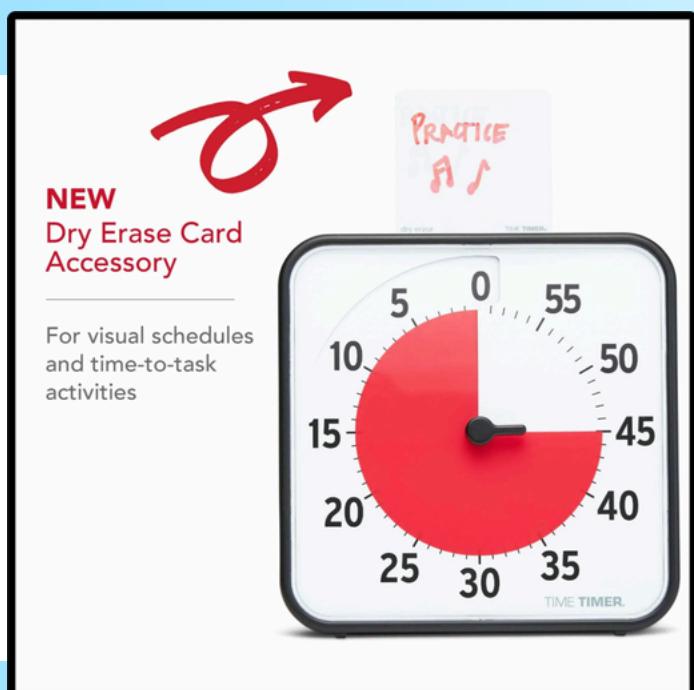
Provide reminders and alarms to help students keep track of time.

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.



# 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