

AT TIP SHEET: Time Management

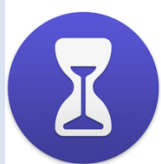


Distraction Blockers



Cold Turkey (free)

Block distracting websites by setting websites you want blocked and for how long and quit them "cold turkey"



Screen Time (iOS & Mac)

Monitor app and device usage. Restrict app usage and limit screen time.

Visual schedules provide organization of time and events. They can be simple, individual pictures or pictures sequenced in a group. A more complex schedule may break down tasks into multiple sequenced steps. Some schedules provide the opportunity for the student to move a picture to a completed column when finished, bringing closure and finality to a task.

Visual Schedules

Arrival at school		
1		Take off coat (coat, sweater, vest, hat, etc.)
2		Open Backpack
3		Take out work
4		Take out lunch
5		Hang up coat
6		Hang up backpack

Timers

Time Timer (price varies)



Visual Timer- provides structure and time boundaries for the child regarding how long and when they are going to do an activity



Time Tracker Visual Timer (\$26.12)

Uses light and sound cues to let kids know how much time remains



Amazon Alexa (\$99.99)

Built in timer. Voice command to set timer. Timer sound is not an alarming noise.

Choiceworks (\$14.99)



An app that helps establish a visual schedule for transitioning kids through multi-step tasks and routines

