



TIMELY TIPS

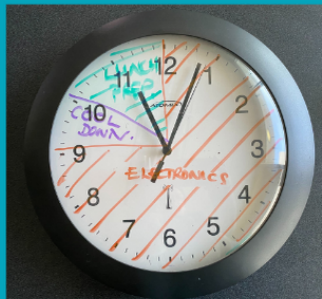
Sensory Processing Health & Wellness



All you need for this timely tip is an office style analogue clock and a white board marker.

These two items will help you manage time, support expectations, reduce anxiety, create smoother transitions between activities AND teach about the size of time.

Draw straight onto the clock to map out increments of time.

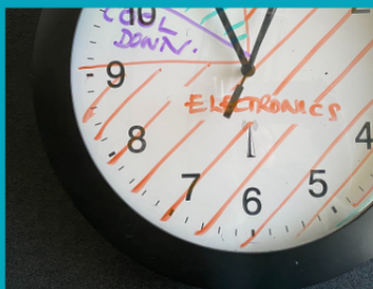


You could map out red, green and blue activities. Here we have: trampoline, cooking and outdoor play.



This strategy works best when used for 60 minute increments. Coloring in the time blocks helps with the visual support and location of self - using the minute hand. Different colored pens are a great way to differentiate activities.

For a writing project you might map out 25 minutes of work with a five minute break at the end.



This is a great strategy for managing expectations around video games.



For those who can't access words use velcro and put visual schedule pictures on the clock.