

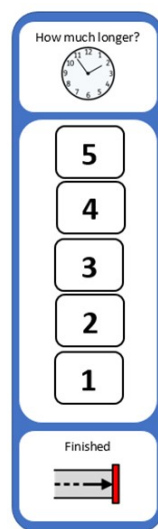
## Use countdown strips

You can use a countdown strip so you can control the time a child is expected to focus for.

The removal of the counters/cards is controlled by an adult, so one can speed this up if the young person is struggling to attend—or take longer to remove them if they are regulated and engaged.

Countdown strips can be horizontal or vertical. The amount of ‘tokens’ should be appropriate for the young person—often 3 or 5.

Whole class, and discreet individual, time prompts such as: “10 minutes left, 5 minutes to go,” support pupils to plan for ending tasks. Visual timers can be displayed on the whiteboard if appropriate.



**Can you think of any pupils who might benefit from the use of a countdown strip**

Are there certain activities that the use of a countdown strip might be particularly useful for?

Notes:

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