+SPARK: Simple Play Adaptations to Reference for Kids

Sand Timer Set

Materials: The Sand Timer Set Package includes 6 sand timers: 1 minute, 3 minutes, 5 minutes, 10 minutes, 15 minutes, and 30 minutes. They are composed of ABS, high borosilicate glass and a protective cover. These sand timers are sturdy and safe for kids! Each hourglass is 3.7×1.6 inches and weighs 2.4oz. There are printed numbers on both sides, and each amount of time has a specific color: White, Blue, Green, Purple, Orange, Pink.

Image:



Purchasing Information

Who Might Benefit?

Those who…

- Have difficulty transitioning to new activities.
- Need a visual representation of the passage of time to stay on task.
- Are motivated by being able to see passage of time.
- Need a visual representation of their schedule to complete each task.

Why Use?

Provides an opportunity to…

- Understand the passage of time or time remaining for the completion of tasks.
- Prepare for transitions to new activities.
- Stay on task for a given amount of time.
- Improve their "personal best" completing an activity such as packing up to go home.

Instructions for Use:	Adaptation Ideas:
Environmental Considerations • The hourglass makes the passing of time visible. These are great for timing children's tasks, tooth brushing, games and so much more! • Ideal for using at home, in daycare or classroom. • Supporting visuals or word cards should be available to staff in the environments in which they are needed so that the Sand	**Optional Additional Materials/Supplies** • Velcro • Dycem • Shelf liner **Stabilize It** • Velcro to carpet, or place Dycem or shelf liner beneath timer to stabilize on flat surfaces (e.g. table, floor). • Velcro to vertical surface.

Timer can be referenced and adjusted as activities are introduced and completed.

Positioning

- The Sand Timer should be displayed and referenced where the child can see it during the activities in which it is being used.
- It may also be placed on the floor to use during tasks completed in a variety of positions (on tummy, side lying, sitting, etc.)

Basic Play/Use

- Use to set time limits on specific activities (e.g. "when the time is up, it's Haven's turn with the race car".
- Play "Guess How Long It Will Take" to clean up, wash hands, finish lunch, etc.

Extended Play/Use

- Set time limits, encourage child to "beat the buzzer" for specific tasks or activities, and praise when that occurs.

Play/Use with Others

- Sand Timers, while small, can be used with an individual child or a whole group.
- Model timers during circle activities (e.g. "We will sing for five minutes").
- Timers could be placed in a shared area to allow exploration of the passage of time.

Simplify It

- Break down tasks into smaller timed pieces.

Contain it

- Place in small container with low rim (so sand at the base is visible) to prevent tipping when bumped.

Add Sensory Cues

- Place against solid color backdrop so that falling sand can be easily viewed.

Communication Supports

- Add a visual schedule, token board, or verbal prompt to remind child why the timer is being used.

Alternative Uses

- Play a guessing game - "Guess how long it will take for us to cleanup?"

DIY Alternatives

- Check out discount or Dollar stores for inexpensive timers.
- Soda bottle sand timer from Instructables.
- DIY Timers on Pinterest

Additional Considerations:

- Some children may find timers distracting or anxiety producing. Be sure to monitor the child's responses when using the timers.
- Notice: This sand timer is not a precision timing device, so there is time deviation. It is normal that sand sometimes sticks to the glass. You can flick the glass or put them in the sun for a while to solve this situation.

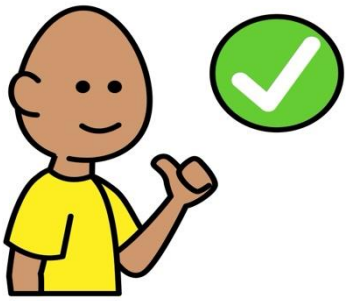
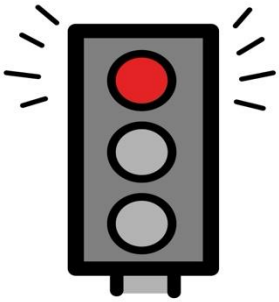
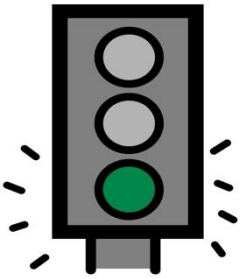
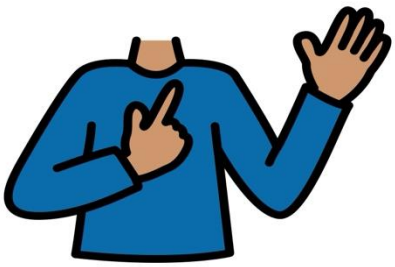
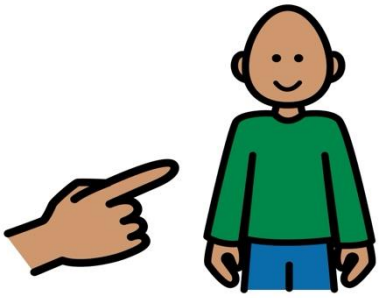
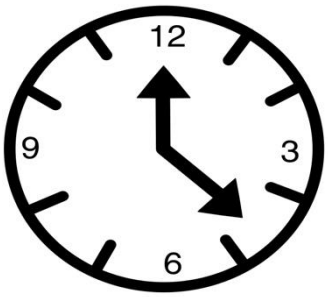
Resources:

- Visual Timers for Autism: All You Need to Know

Ohio Early Learning Standards:

- AL: Engagement and Persistence: Completes activities with increasingly complex steps. (1.b)
- AL: Engagement and Persistence: Persists in completing a task with increasing concentration. (1.c.)

Words to Encourage Play/Use

First 	Done 	Wait 
Stop 	Go 	Help 
My Turn 	Your Turn 	Time 

*"Adaptations" adapted from: Haugen's Modes for Adapting Toys based on materials from the "Let's Play" Project at the University of Buffalo

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