



SandTimer

SHORT DESCRIPTION

The sensory sand timers are designed to help realize the concept of time passing. They are available in different colours with specific times, 30 seconds to 30 minutes. The use of the sand time allows you to estimate the length of the activity as well as the end of it.

Color	Length of time
Red	30 seconds
Green	1 minute
Pink	2 minutes
Yellow	3 minutes
Blue	5 minutes
Orange	10 minutes
Purple	15 minutes
Black	30 minutes

How does this tool work?

The use of the sand timer is really simple. You need to choose the length of time, to place the sand timer for the child to see, to turn it upside down and let the sand trickle.

We recommend that you tell the child about using the sand timer. Introduce it and tell the child how much time will be allocated and why. Also tell in advance what will happen once the time elapses.

HOW TO USE IN EVERYDAY LIFE

- Framing an activity within a time period
For example: a time period of 15 minutes (purple sand timer) to use the tablet device
- Planning when the next activity or transition will take place
For example: the child will need to get dressed to play outside (blue sand timer – 5 minutes)
- Illustrating a waiting period where the child needs to remain patient
For example: making a short phone call to make an appointment (pink sand timer – 2 minutes)
- Defining a period of time to manage daily routines
For example: getting dressed before all the sand is gone (orange sand timer – 10 minutes)
- Illustrating visually a time-out period



For example: the child will remain seated in a calm area during 3 minutes before coming back to the table for the meal (yellow sand timer – 3 minutes)

Other advantages to the sensory sand timer:

- Allows to visualize time passing and time remaining;
- Quiet;
- Represents different lengths of time (see table above);
- Very sturdy.

WHO IS IT FOR?

We recommend it for children, teenagers and adults, in different contexts, at home, school, daycare, work and other. More specifically, the sand timer is recommended for persons who:

- Are visual;
- Have some level of difficulty with the concept of time and/or time management;
- Need visual cues to understand the concept of time passing;
- Etc.

The following skills will be stimulated:

- Improving time management
- Facilitating the comprehension of the time concept.

PRECAUTION

When used with a child, the sand timer should be manipulated by the adult. Children love to turn the sand timer upside down to see the sand trickle.