


How to Use with Students:

1. Use with students who have difficulty stopping an activity or transitioning to another activity.
2. Place the card next to the student while they are doing their activity.
3. Five minutes before it is time to quit the activity, walk over to the student and say "5 minutes left," as you point to the card and remove the number 5 from the card.
4. Four minutes before it is time to quit the activity, walk over to the student and say "4 minutes left," as you point to the card and remove the number 4 from the card.
5. Proceed in this manner through the rest of the countdown, until you have removed all of the numbers. When the student's time is up, point to the word "stop," and say "time to stop," or "We're finished."

1	2	3	4	5
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