

# Executive Functioning: Timers



## What is it?

Timers are devices or tools used to measure and display the passage of time in various increments, such as minutes and seconds. They can range from simple mechanical clocks to digital timers with customizable settings. Timers are commonly used in educational settings to manage and structure classroom activities, transitions, and assessments effectively.

## Why use it?

Timers help create clear routines and structure, benefiting students who need predictability. For those with attention or executive functioning challenges, timers provide cues to stay focused and manage tasks within set time frames. They promote independence, self-regulation, and equitable participation, fostering a supportive learning environment where all students can succeed.

## How to use it?

Using timers effectively in an inclusive classroom involves incorporating them into daily routines and activities to support organization, structure, and student engagement. Start by selecting timers that are visible and easy for all students to see and hear, whether digital or analog. Introduce timers at the beginning of lessons or tasks to set clear expectations for time allocation and completion. Use timers during transitions between activities to help students manage their time effectively and prepare for the next task. Provide students with advance notice before timers start to ensure they understand and are ready to transition.

