# How~To Templates

## Stop Lights and Countdown Boards

**Countdown**
5
4
3
2
1
**Finished**

Start
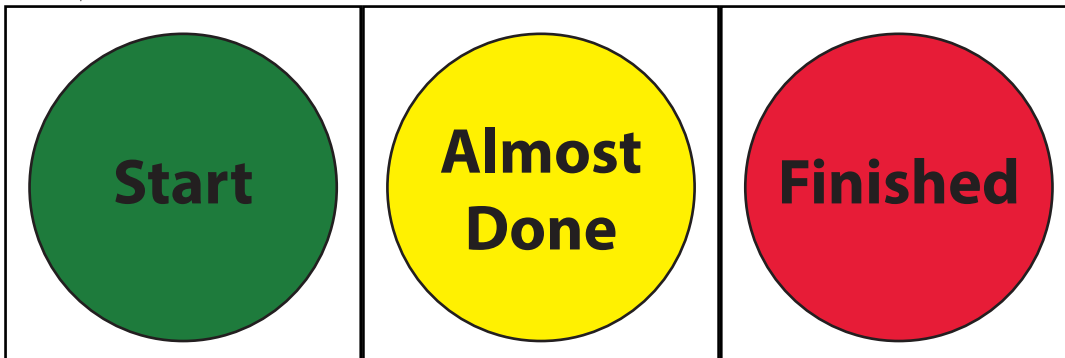Almost Done
Finished
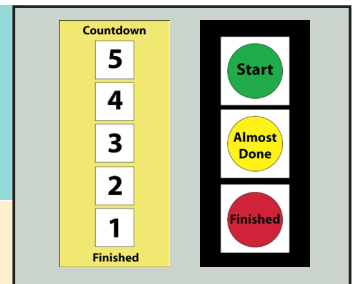
Stoplights and countdown boards are simple ways to help structure undefined periods of time (i.e., when it is unclear how long an activity will last).

◊ One good time for using these boards is when waiting in a waiting room or when waiting for a bus.

◊ On a stoplight, red, yellow and green cards indicate time passing, whereas on a countdown board, numbers 1-5 indicate time passing.

◊ With both stoplights and countdown boards, the adult manipulates the board, reflecting the passage of time.

◊ As time passes, the adult removes the numbers from the countdown board (one at a time) until the final card is removed and the activity is over. With stoplights, the adult places then
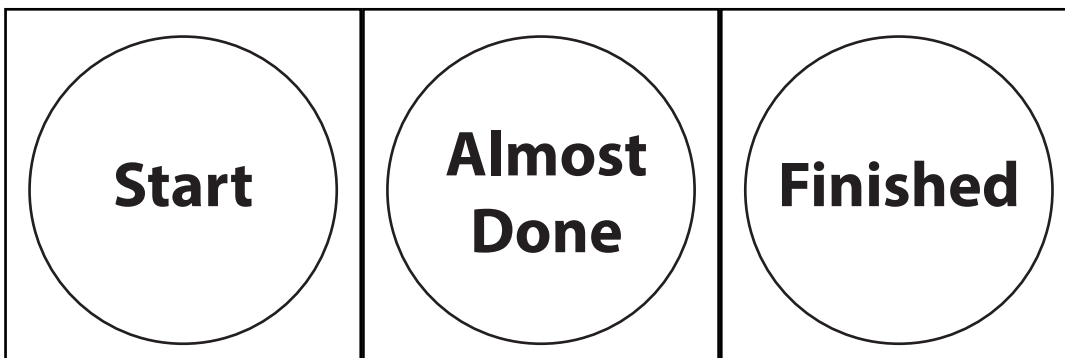
### To Make:

1. Cut out the pictures and numbers available here (or draw your own) then laminate or cover with clear contact paper.
2. Attach a piece of Velcro to the back of each picture or number.
3. Cut a piece of poster board so it is slightly bigger than the pictures (see images above).
4. Place Velcro on the poster board in a vertical column.
5. Place pictures on poster board in the order shown in the images.
6. Place a strip on the back to hold extra pieces.

### Templates

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**Start**   **Almost Done**   **Finished**

If you do not have a color printer, use the template below and color after printing

**Start**   **Almost Done**   **Finished**

### Also, check out...

How-To Video Series

How-To Templates Series
Kid's Corner Series
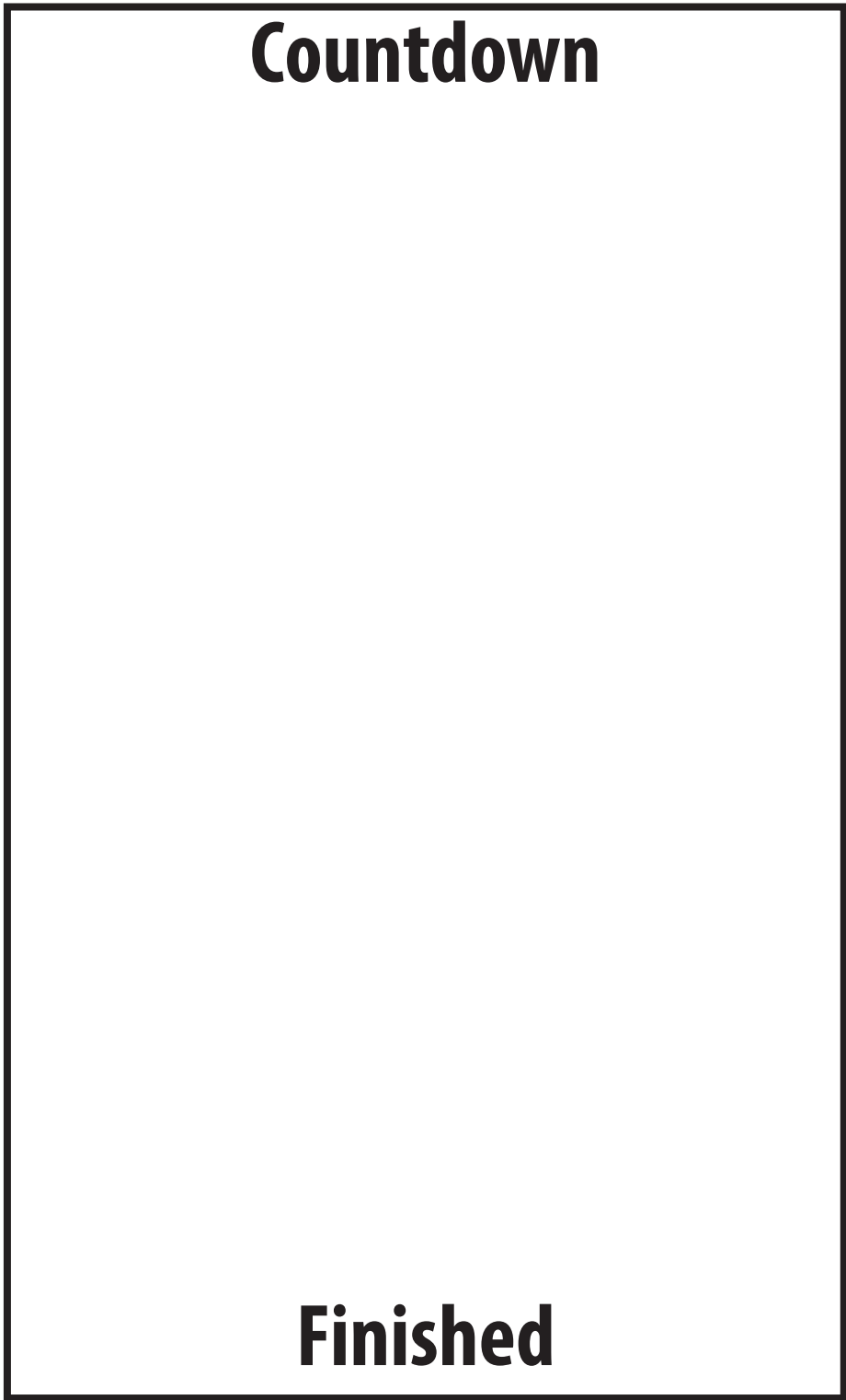Life with ASD Series
Academia Series
Strategy in Practice

e-Learning Options

Stay in touch via listserv &

**& Learning Connection!**

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**Materials provided are samples only!**
**Items may need to be individualized to meet each person's specific needs!**

# Countdown

# Finished

Cut along the lines of the squares with numbers and velcro to the board (to the left)

| 5 |
| 4 |
| 3 |
| 2 |
| 1 |