



A **“Countdown Strip”** can be used to help children understand the concept of time; waiting or how many turns. It can also help with transitions.

Your child can see all numbers at the beginning of a task.

Start with 5 boxes and as the time passes either cover the number or remove the number.

Use the countdown from 5 to 1 until the task/event is complete. Then say “All done” or “Finished”.