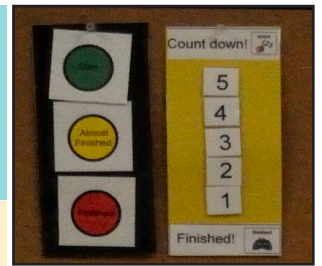


How-To Templates

Stop Lights and Countdown Boards



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)

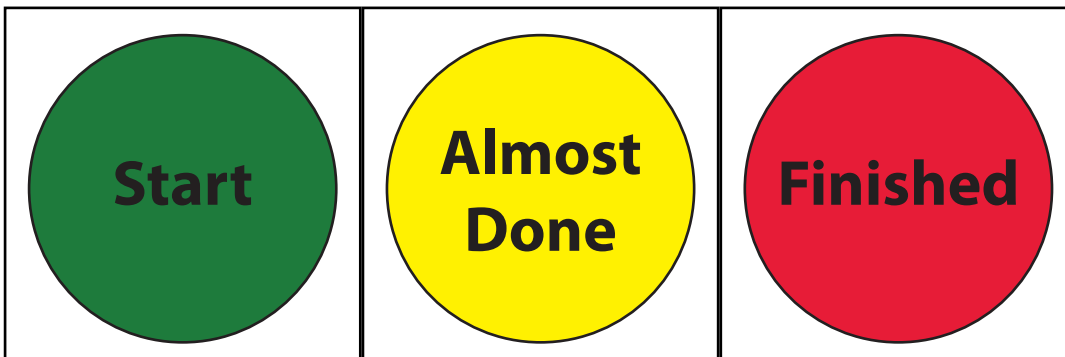
- ◇ One good time for using these boards is when waiting in a waiting room.
- ◇ On a stoplight, red, yellow and green cards indicate time passing.
- ◇ On a countdown board, numbers 1-5 indicate time passing.
- ◇ In either strategy, the adult manipulates the board, reflecting the passage of time.
- ◇ As time passes, the adult takes off the appropriate cards (one at a time) until the final card is removed and the activity is over.

To Make:

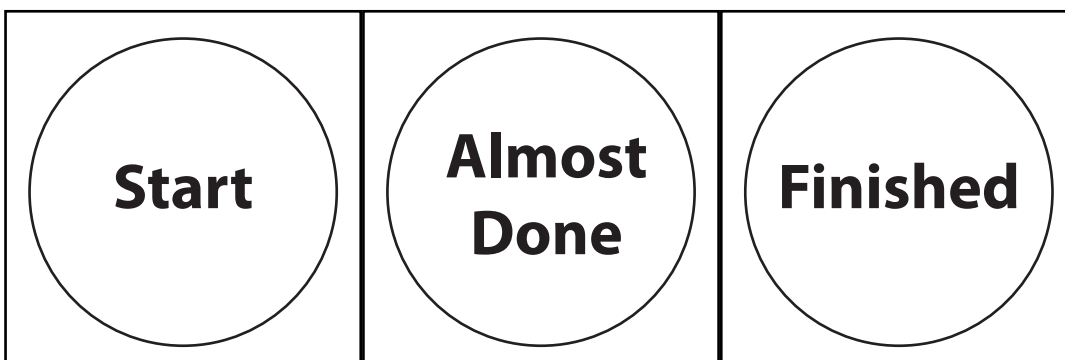
1. Cut out the pictures available here (or draw your own), laminate if possible.
2. Cut a piece of poster board so it is slightly bigger than the pictures, see images above.
3. Place Velcro on the poster board in a vertical column.
4. Use Velcro to place pictures on poster board in the order shown in the images.
5. Place a strip on the back to hold removed pieces.

Templates

Cut along the lines of the squares and velcro to a board



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



**Materials provided are *samples only!*
They may need to be individualized to meet the particular needs
of a person with an ASD!**



Christian Sarkine Autism Treatment Center
IU™ School of Medicine

www.HANDSinAutism.org

hands@iupui.edu

Tel: (317)274-2675

Fesler Hall (IUPUI)

1120 South Dr., Ste. 302

Indianapolis, IN 46202

Also, check out...

How-To Video: Stop Light & Count
Down Board

How-To Template: Visual Schedules

Kid's Corner Series
Life with ASD Series
Academia Series
Strategy in Practice Series

View/download these and
other templates at [www.HANDSinAutism.org/
tools/HowToTemplates.
html](http://www.HANDSinAutism.org/tools/HowToTemplates.html)



Countdown

Finished

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

5

4

3

2

1