




## Countdown Strip

Transitioning away from a preferred object or activity can be difficult for all of us but can be much easier when we have some advance warning. Imagine someone taking away your cup of coffee with a simple, 'time's up!' – I can't imagine you'd be very pleased! The same applies for our children with autism. A simple tool such as a countdown strip can help the child prepare to transition away from the preferred object or activity. This document explains how to use a countdown strip and the next page is a blank template that can be edited for your own use.

In this example we are going to countdown time on a computer.

3	
2	
1	
All done!	

Velcro three pictures of a computer in place beside the three numbers. Show the child and tell them, 'three more and then all done!' (or whatever language is appropriate for your child). At regular intervals (not too quickly!) return and remove one picture of the computer, telling the child 'two more and then all done!' and so on until all the computer pictures are gone. Then the activity is 'all done' and you can move on to the next item on the child's daily schedule.

It is important that the child sees that the activity is not 'all done' forever and that it is available to them later on – this should be visible on their schedule.

3	
2	
1	
All done!	