

24:30

Timer Technique

- ✔ Set a 30 mins timer.
- ✔ Set a 10 mins timer to go on after the 30 mins timer.
- ✔ Set phone to DO NOT DISTURB
- ✔ Start working.
- ✔ Take a break for 10 mins away from desk.
- ✔ Repeat for another 30 mins to complete session.
- ✔ Reward for completing the session.

Pause

Benefits of the Timer Technique

Executive Function Skills

Timer work helps with **focus** and deals with **procrastination** and **self-control**. A reward at the end **motivates goal directed persistence**. These are common skills that students lack.

Reduces Exam Anxiety

Timer work helps to prepare for working in exam conditions, which **reduces exam anxiety**.

Time management

Timer work helps to plan homework, revision and other activities, which builds on the skill of **time management**.

Discover Issues

Timer work can pick up where your child needs **support**. If they keep running out of time, it might mean that they don't understand the task, the approach or have a general issue with processing or working memory.

Manage overwhelm

Timer work reduces **overwhelm**. Breaking tasks into chunks of time allows your child to tackle multiple tasks and larger projects one step at a time.