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