

# Support self-management using recommended approaches

A suggestion for implementing the strategy

'Key areas to support' from the Guide: [ASD and learning](#)

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**Includes:**

- Support time management
  - Use visual timetables
  - Support organisation and processing
  - Support self management
  - Useful resources
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Inclusive Education

From

Guide: [ASD and learning](#)

Strategy: [Key areas to support](#)

Suggestion: [Support self-management using recommended approaches](#)

Date

24 January 2019

Link

[www.inclusive.tki.org.nz/guides/asd-and-learning/support-self-management-using-recommended-approaches](http://www.inclusive.tki.org.nz/guides/asd-and-learning/support-self-management-using-recommended-approaches)

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## Support time management

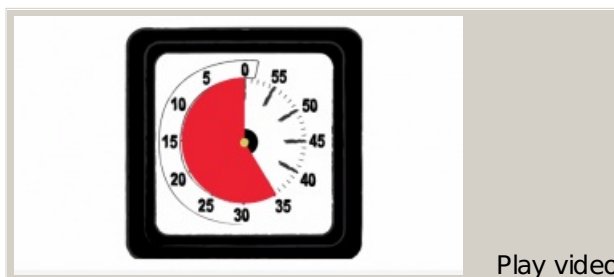
Introduce tools such as visual timers to reduce the surprise end of an activity or to pre-empt a transition.

Source: [Time Timer \(US\)](#) No captions or transcript

Source:

[Time Timer \(US\)](#)

<http://vimeo.com/27596627>



Video hosted on Vimeo <http://vimeo.com/27596627>

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# Use visual timetables

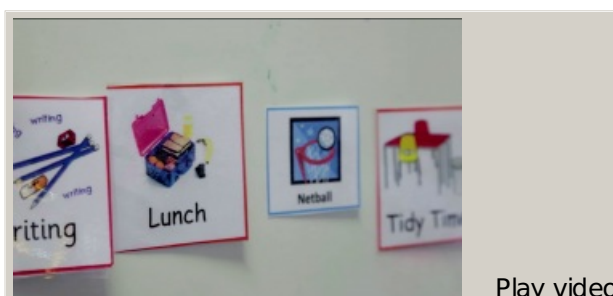
Visual timetables support spoken instructions, provide a reference point for “what next”, and show changes in the routine.

Source: [Ministry of Education, inclusive education videos \(NZ\)](#)

Closed  
Captions

Source:

[Ministry of Education, inclusive education videos \(NZ\)](#)  
<http://vimeo.com/album/2950799>



Video hosted on Vimeo <http://vimeo.com/100662378>

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## Support organisation and processing

Practical approaches to support student's organisation and processing.

- ▲▲ Specifically teach how to use graphic organisers and flow charts to support breaking tasks into chunks, planning, and thinking in all curriculum areas.
- ▲▲ Highlight patterns, critical features, big ideas, and relationships using visuals, mindmaps, 3D manipulatives, outlines, flowcharts, and real objects.
- ▲▲ Give students multiple opportunities to engage with new ideas in multiple contexts.
- ▲▲ Allow time for students to process and think before responding in a discussion.

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## Support self management

Create a predictable environment supported with visuals.

Teach and model how to use planning and scheduling tools effectively.

- ▲▲ Make visual exemplars of a process or how to complete a task.
- ▲▲ Label key areas of the classroom and resources with visual and text labels.
- ▲▲ Use charts, visual calendars, colour-coded schedules, visible timers, and visual cues to increase the predictability of regular activities, transitions between environments and activities, and changes in discussion topics.
- ▲▲ Make graphic organisers and flowcharts available to support breaking tasks into chunks, and thinking and planning in all curriculum areas.

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## Useful resources

### Popplet

Publisher: Notion

[Visit website](#)

### Graphic organizers

Publisher: For The Teachers

[Visit website](#)

### Time Timer®

Publisher: Time Timer

Price: [One off charge NZ\\$2.99](#)

[Visit website](#)

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