

Beat The Timer



Are your children **struggling to finish tasks** on time – or at all? Try playing **Beat the Timer** to help children **block out distractions** and **stay on task** until the finish.

1. Pick an activity that causes conflict or often goes unfinished – like cleaning up the bedroom.

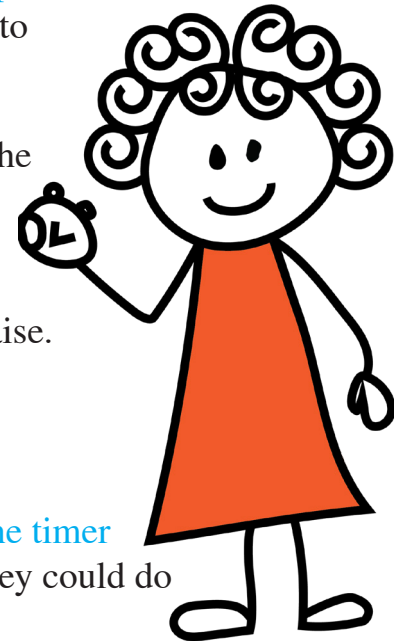
2. Provide **clear instructions** for the upcoming activity or task.

3. Ask how long it usually takes to complete and **set an optimistic goal** to beat this time. **Playfully challenge the children** to Beat the Timer.

4. **Set a timer and begin.** Be sure it is visible throughout the activity or let your children know how much time they have left.

5. **Cheer them on along the way** by providing specific praise. “You are doing a great job picking up all the toys!” “I see you are working really hard on that!”

6. When the timer goes off, **praise the child if they beat the timer** or for their effort if they came close. Reflect on how they could do **even better next time.**



This tested and proven strategy uses **reduced allocated time to improve efficiency and reduce conflict.** A clock ticking down enhances focus and helps us avoid distractions, just like focusing in a video game or the final seconds of the big game. Beat the timer helps children and adults get things done without frustration, **increasing the peace, productivity, health, and happiness for everyone.**

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