

ADHD Focus Timer Toolkit Visual Timers

Transition Warnings & Brain Break Activity Cards Helping Children with ADHD Stay Focused (Ages 5–14 Years)

Introduction

Children with ADHD often find it challenging to stay focused on tasks for long periods. They may get easily distracted, struggle with transitions between activities, or feel overwhelmed when asked to concentrate.

This **ADHD Focus Timer Toolkit** is designed to make focus time easier and less stressful. It uses three powerful tools:

1. **Visual Timers** – So children can see how much time is left
2. **Transition Warnings** – Gentle alerts before changing activities
3. **Brain Break Activity Cards** – Short, fun movement or calming activities to reset the brain

These tools are based on proven strategies that help improve attention, reduce frustration, and build independence in children aged **5 to 14 years**.



How to Set Up a Homework Routine for Kids with ADHD

A focused child using a tablet during study time – visual tools like timers help make concentration easier and more enjoyable.

Why This Toolkit Works for ADHD

- Visual timers reduce anxiety by making time **visible** (not just abstract).

- Transition warnings prevent sudden surprises that can cause resistance or meltdowns.
- Brain breaks recharge attention and release excess energy.
- All activities are short, fun, and multi-sensory.

Best Results Tip: Start with short focus times (5–10 minutes) and gradually increase as the child succeeds.

Section 1: Visual Timers Guide

What is a Visual Timer? A visual timer shows time passing in a clear, easy-to-understand way (like a colour bar shrinking or sand running out).



Examples of popular visual timers for kids – colourful, silent, and perfect for ADHD.

How to Use Visual Timers:

1. Choose the task (homework, reading, cleaning room, etc.)
2. Decide how long the child will focus (start small: 5–15 minutes)
3. Set the visual timer and explain: “When the colour reaches the bottom / the circle is empty, the timer is finished.”
4. Place the timer where the child can easily see it.
5. Praise the child when the timer finishes successfully.

Recommended Focus Times by Age:

- Ages 5–7: 5–10 minutes
- Ages 8–10: 10–20 minutes
- Ages 11–14: 15–30 minutes

Timer Variations: Colour-changing, circle/pie chart, sand timer, Traffic Light Timer.

Pro Tip: Pair the timer with a reward chart or token board for extra motivation.

Section 2: Transition Warnings

What are Transition Warnings? These are gentle, clear signals given **before** changing from one activity to another. Children with ADHD often need time to mentally prepare.

3-in-1 Visual ADHD Timer for Kids & Adults with Planning Board, Task Timer, Chore Chart & Visual Schedule Planner, Autism & ADHD Tools with Checklist for Home school Supplies, Home, School :

Visual timer with built-in task checklist and transition support – excellent for smooth activity changes.

Helpful Transition Phrases:

- “We have 5 minutes left on the timer.”
- “When the timer beeps, we will switch to the next activity.”
- “Let’s get ready to finish this and move on.”

Transition Warning Cards (Print and laminate):

- “5 Minutes Left”
- “2 Minutes Left”
- “1 Minute Left – Time to Finish”
- “All Done! Great Job!”

Section 3: Brain Break Activity Cards

What is a Brain Break? A short 2–5 minute activity that helps the child release energy, calm down, or refresh their attention before returning to work.

Colourful Brain Break Movement Cards – fun and easy to use for kids.

Examples of Brain Breaks:

- **Movement:** 10 Jumping Jacks, Animal Walks, Dance to one song
- **Calming:** Deep Breathing, Stretch arms and legs, Squeeze a stress ball
- **Fun:** Freeze Dance, Simon Says, Draw or doodle

Calming brain breaks like yoga poses and rainbow breathing help children reset quickly and gently.

Tip: Create physical cards with pictures for younger children (5–9 years). Older kids (10–14) can read the text.

Section 4: Daily Routine Example (Ages 8–12)

Sample Homework Session:

1. Start with 10-minute focus timer + clear task
2. Give 5-minute verbal transition warning
3. When timer ends → 3-minute Brain Break (e.g., Jumping Jacks)
4. Reset timer for next 15 minutes
5. Repeat 2–3 times
6. End with positive praise and small reward

Section 5: Tips for Success

- Start small and celebrate every success
- Be consistent – use the toolkit every day
- Involve the child in choosing timers and breaks
- Combine with a token economy system for motivation
- Stay patient and positive – progress takes time

Important Note: This toolkit is a supportive resource only. It is not a substitute for professional medical advice or ADHD therapy. Please consult a paediatrician, child psychologist, or special educator if needed.