

Appendix G: Online and Tech Tools

Interactive Whiteboards

Kami: <https://www.kamiapp.com/>. A digital classroom application designed to support and facilitate student-teacher interactions and collaboration on online assignments. Kami includes tools for adding images, stickers, and stickies; drawing; highlighting; and annotating online files including slides, images, and PDFs.

Classkick: <https://app.classkick.com>. A free app that allows teachers to see students' work on digital assignments in real time so that they can tell who might need help and give in-the-moment feedback.

Gynzy: <https://www.gynzy.com/en>. An online whiteboard for creating interactive lessons that includes an analog clock tool you can use to display the time directly on the whiteboard. You can shade on the clock to see the passage of time in real time.

Figjam: <https://www.figma.com/>. An online collaborative whiteboard for brainstorming, developing, and organizing ideas. Multiple people can work on the board at the same time, drawing, adding text and pictures, inserting shapes in a variety of colors, and inserting virtual sticky notes.

Online Analog Clocks and Time Management Tools

Stopwatch.com: <https://www.online-stopwatch.com/large-online-clock/>. This website displays a large, active analog clock that can be helpful for marking and shading time. You can use it with a screen marker tool such as Epic Pen (<https://epicpen.com/>) or the Page Marker Chrome Extension (<https://pagemarker.org/>).

Thinking Time Tracker: <https://bit.ly/360timetracker>. This Chrome extension is a task-planning timer for our 360 Thinking Executive Function clinical model. The timer shows time to Get Ready, to Do the work, and to Get Done or wrap up the work. You can create time and space markers to show when to start and what you will need, your Midpoint goal, and your end goal.

*The 360 Thinking Get Ready*Do*Done Timer for iOS*. This app allows the user to create a time marker to Get Ready to work, a time marker to check in at the Midpoint during the work, and a time marker for when the work is scheduled to end. Specific tones are activated when the time reaches each marker:

- A single tone indicates the time to Get Ready,
- two tones indicate that the user is at the Midpoint of the work, and
- three ascending tones indicate that the user is at the stop point of the work.
- In addition, as time passes, the primary color becomes more luminous to show that time has passed.

Online Calendars and Time Management Tools

Calendar Images: <https://chromewebstore.google.com/detail/calendarimages/>. This 360 Thinking Chrome extension contains these features to help with planning:

- **Image Integration:** You can add an image to any event in your calendar, whether it's a photo of the venue, of the gear you need, or of any other relevant visual cue. Once the event is saved, when you click on the event, the image will appear in the tabbed area behind the event's name.
- **Situational Awareness:** When you add an image, you make an event more than textual. For example, you can see the soccer field you'll play on, the conference room where your meeting will be held, or the materials for your craft session. This visualization will support your ability to execute your goals.
- **Mental Rehearsal:** Especially beneficial for individuals with EF challenges, this tool assists in preparing mentally by offering a visual representation of what's to come. For example, if you find yourself regularly forgetting your yoga mat, you can upload an image of it next to your yoga class event, or if you're unfamiliar with a meeting venue, you can add a photo of the building. This will allow for mental preparation, which can help reduce day-to-day stress.

ACE Your Time: www.bit.ly/aceyourtime.

The 360 Thinking ACE Your Time Chrome extension is designed to integrate with your Google Calendar and enhance its ability to support your time management without complicating your current planning routines. When you schedule an event, the ACE extension will prompt you to add Extras before and after the event. This includes travel time (e.g., time to park the car, walk to class, drive home), preparation time (e.g., time to change for sports practice, stop by your locker, get a snack), and time for winding down—ensuring that you have a realistic view of your time commitments. If an event's time or date changes, the Extras automatically adjust accordingly.

Shovel: <https://shovelapp.io/>. Shovel is a study planner that helps students manage their time and tasks effectively by combining a calendar, to-do list, and time-blocking features. Shovel tracks study time and task demands in real-time, providing early alerts to adjust schedules before students miss deadlines. It can also integrate with school websites that post assignments, making it easier for students to import and organize their tasks.

Online Sticky Notes

Beanote: <https://chromewebstore.google.com/detail/beanote-note-taking-on-we/>. This extension can be a valuable tool for students who want to create space markers for their online assignments. It allows you to highlight text and make notes directly on web pages. You can create different-colored sticky notes and place them anywhere on a web page. Beanote saves your stickies and has a dashboard to help you view and navigate through them.

Thinking Time Tracker: <https://bit.ly/360timetracker>. In addition to its other functions, this Chrome extension can be used to create online sticky notes as space markers.

Online Spinner for Pies of Time Bingo

Wheel of Names: <https://wheelofnames.com>. You can use this fun website to “spin” a wheel that shows different digital or written time increments (just erase the names that appear when you click the link and replace them by typing in “5 minutes,” “10 minutes,” “—:15,” “—:20,” etc.).

Time Dice

Didax: www.didax.com/apps/dice. This app allows you to create different-colored dice and to roll them online.

Dice 3D 7pixels iOS app. This app offers a variety of dice configurations, including 12- and 24-sided dice you can use to represent the time. Students like the “rolling” sound-effects.

Dice Dice by Lukas Lubbe iOS app. This app offers different dice configurations, including 12-sided dice you can use as time dice, with “rolling” sound effects.

The following physical time dice are also helpful to have on hand for in-person sessions:

Hand2Mind Dice Set: <https://www.hand2mind.com/item/multiple-representation-time-dice-set-of-16/14950>. This colorful dice set includes dice showing digital time, analog time, and written time (e.g., “six thirty,” “half past seven”).

Organizing Web Browsers to Navigate Assignments and Plan Time

Many Internet browsers provide features or add-ons that allow you to group your tabs so that you can reduce visual clutter, organize your assignments, and plan and track your work.

Google Chrome: <https://blog.google/products/chrome/manage-tabs-with-google-chrome/>.

Safari for Mac: <https://support.apple.com/guide/safari/group-tabs-ibrwa2d73908/mac>.

Firefox: Simple tab groups add-on: <https://addons.mozilla.org/en-US/firefox/addon/simple-tab-groups/>.

Microsoft Edge: <https://www.microsoft.com/en-us/edge/learning-center/how-to-organize-tabs?form=MA13I2>.

Managing Internet Distractions

Freedom app: <https://freedom.to>. This app blocks distractions during your scheduled work sessions. You can choose to block specific websites and apps, or you can block your access to the Internet. You can set the app to sync across all your devices and browsers.

Stay focused app: www.stayfocusedapp.me. This app allows you to organize tasks, set a timer for work sessions, schedule breaks, and review how you have used your time.

GetColdturkey.com: <https://getcoldturkey.com/>. This app allows you to block your selected websites, apps, search terms, or access to the Internet during your scheduled work sessions. It also allows you to set a timer and schedule breaks and to review how you've used your time online so that you can adjust as needed.

Leechblock: <https://www.proginsoko.com/leechblock/>. This app allows you to block your chosen websites for scheduled work blocks and to schedule breaks (e.g., you can visit your blocked websites for 10 minutes out of every 60-minute work block).

Forest App: <https://www.forestapp.cc/>. This app allows you to block selected websites and provides an engaging visual to help you remain mindfully focused on your work: When you start a work session, you “plant a tree,” and the simple tree graphic “grows” for every minute you work. Forest App partners with an actual tree-planting organization, and you can earn virtual “coins” through your focus time to apply toward planting real trees.

SelfControl for Mac: <https://selfcontrolapp.com/>. This app for Mac OS devices lets you block selected websites and set a timer for your work sessions.

Postlight: This Chrome extension removes the “clutter” of ads from online articles, allowing you to view versions of articles with only their text and images displayed. You can select your preferred font and text size.

Reader Mode: Try using reader mode on your preferred search engine to block target advertising. Ads can have a significant negative impact on focus and concentration, particularly ads that are targeted to your specific preferences (e.g., if one day you researched fitness watches, then the next day, images of fitness watches may appear in the margins of your screen). Many Internet browsers—including Chrome, Safari, Firefox, and Microsoft Edge—will allow you to select a reader view or reader mode. This will remove all the ads so that you can just focus on the text.