



<https://lessonpix.com/articles/9/33/Visual+Schedules>

What is a Daily Visual Schedule?

A visual schedule uses pictures to help children understand the progression of the day or the steps of a routine within the day (i.e. how to get ready for bed). Visual schedules give children a sense of what will be expected of them, how the day will progress and that there is a clear end to a task. Adults and children feel safer and less stressed when we know how our day will go. The pictures on a visual schedule enable toddlers and young children to have some predictability and feel some control over what is expected of them.

How do I make a Daily Visual Schedule?

- Decide whether you will display the picture cards on a Visual Schedule Board (Train) or simply display them on the fridge/shelf/wall/window without a background. Then cut out the picture cards.
- Make the pictures more durable if possible, by covering them with tape or putting each picture in a small plastic bag. If you add Velcro to the cards they might be displayed using a Velcro strip on a door/shelf/wall. You might also use clothespins and twine or refrigerator magnets to display picture cards if you do not have Velcro.
- Provide a folder or basket for your child to put cards as each activity is completed for the day.

How do I use a Daily Visual Schedule with my child?

- Put the daily visual schedule in a place where your child can easily see and touch the pictures.
- Start each day by setting up the schedule to reflect what will happen that day. If your child is a toddler, consider using a separate schedule for the morning and afternoon. Some blank cards are included so that you can make your own picture card showing important events for your family.
- At the start of each day and again in the afternoon, review the schedule with your child. Talk about some of the events of the day as you point to each picture. As you progress through the day, have your child remove the appropriate picture card from the schedule (move it to a done folder, or place it in a basket) to show that it has been completed. This process helps children to “shift gears” to a new activity.
- Whenever possible, use your child’s interest as the timer for knowing when to change and activity rather than the clock.

Screen Time



Wake Up



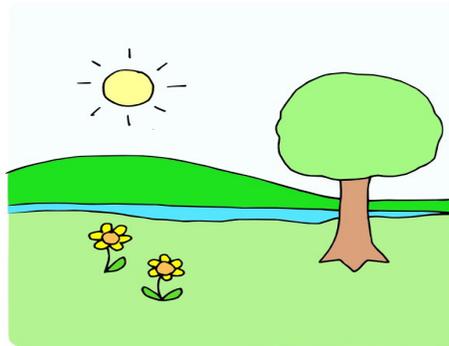
Eat



Free Play



Outdoor Play



Eat



Play Together



Bed



Eat



Bath



Shower



Eat



Nap



Quiet Time



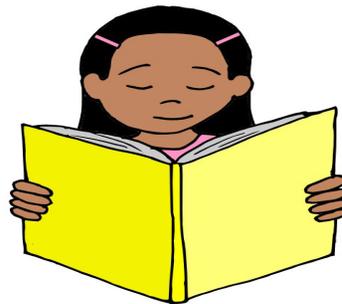
Chore Time



School Work



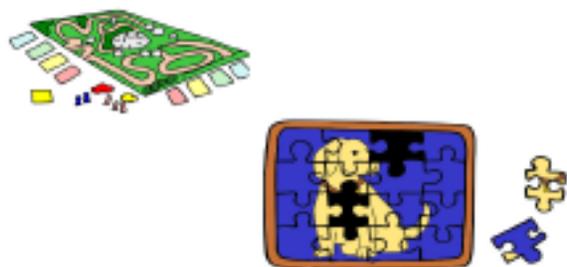
Read



Movement



Games and Puzzles



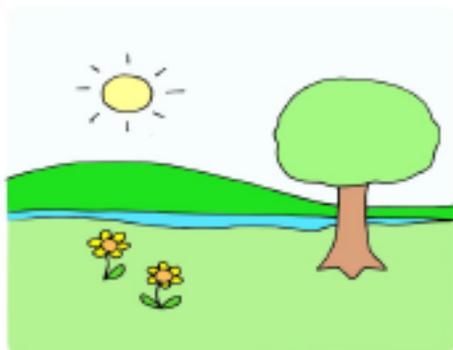
Cooking and Snack



School Work



Outdoor Play



Read Together

