

Visual Schedule

In order to promote structure and routine at home, you may cut out the visual cards and place them in order, depicting the events of your day. You may wish to use the grid provided and use Velcro to attach the cards onto it.

You will see that you have many cards to choose from, as well as blank cards in the event that you have additional tasks/activities to add to the schedule.

This schedule will allow your child(ren) to know the daily sequence of events ahead of time and offer some predictability during these uncertain times. Changes in schedule are fine! It is just important to let your child(ren) if you are making any switches!

Our Day

	breakfast
	brush your teeth
	go for a walk
	reading
	snack

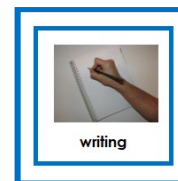
First-Then Charts

For some children, the day needs to be broken down into smaller chunks. Therefore, we would recommend the use of a First-Then chart.

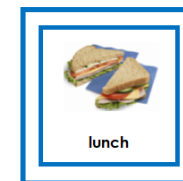
You will notice that there are several templates included within this document. The mats are different, in that the number of tasks/activities identified on each mat are different. You may use the mat over again, once your child(ren) completes the identified tasks/activities.

You may cut out the cards and place them on the chart, indicating what the sequence of events will be for a given time period. You may wish to use Velcro to attach the cards onto the chart.

First



Then



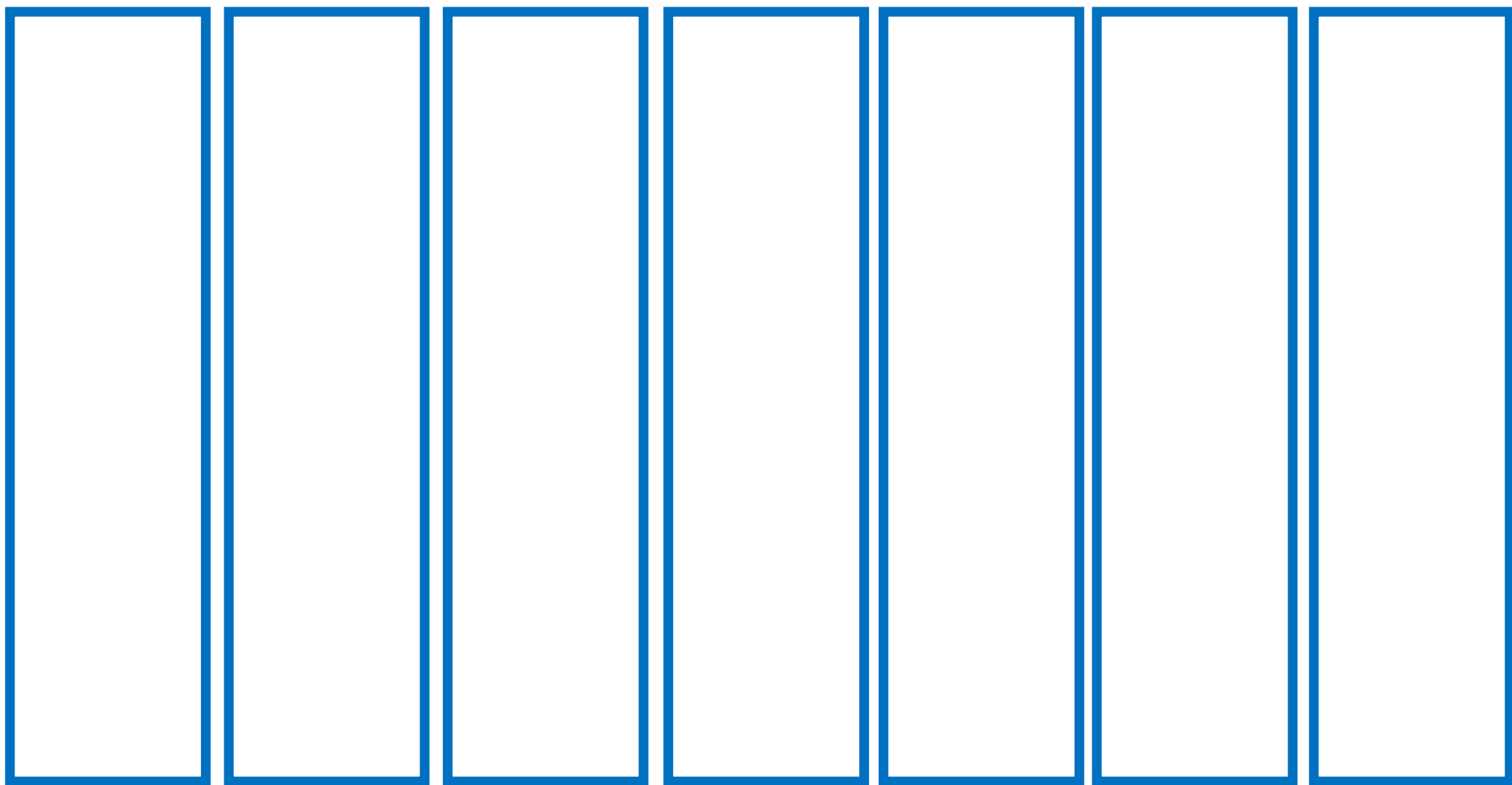
Finally



Visual Schedule

Our Day

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breakfast



lunch



supper



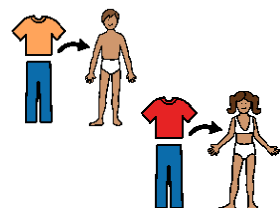
snack



snack



bath/shower



get dressed



brush your teeth



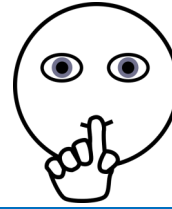
brush your hair



clean up



my responsibilities



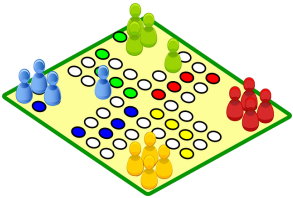
quiet time



make your bed



family time



game time



play time



go for a drive



go for a walk



school work



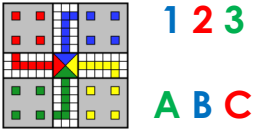
reading



writing



math



learning games



clean



television/movie



IPad/tablet



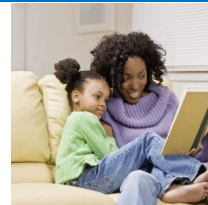
computer



video games



help Mom or Dad



story



brush your teeth



good night



listen to music



story



puzzle



bake/cook



put on pyjamas



go for a bike ride



craft



colour/draw