



## Visual Daily Schedule

**Visual daily schedules create predictability and safety for children, reducing conflict and increasing cooperation. Use the instructions and the downloadable images to create a simple visual schedule for your kids.**

A visual daily schedule helps create a sense of safety by providing a predictable pattern and displaying it in an easily accessible way. It also helps build executive functions like prioritization, flexibility and time management. Establishing a predictable flow to your day will help reduce conflict, uncertainty and power struggles.

Adults think in words; however, children think in pictures. Using pictures to show children what comes next provides the consistency and predictability their brains require in a visual form their brains can easily understand. This printable makes the process easy!

### **DIRECTIONS:**

- Choose a high-traffic area in which to post the schedule.
  - A hallway or the child's bedroom closet door would be ideal.
  - Be sure there's space to put the entire schedule in a straight line.
- Print the schedule picture pages on heavy weight paper or card stock.
- Cut out the pictures.
- Select the cards that show the essential elements of your day.
  - Be certain to keep your expectations reasonable for your child's developmental age rather than overcrowding the schedule.
  - You might only use six or seven cards per day.
  - You might need to create additional cards of your own and/or print multiples of certain cards. (For example, a family with a potty training-aged child will likely need more than the two "Bathroom" cards provided.)

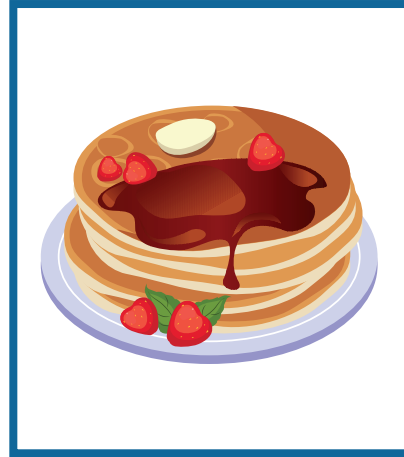
- Use tape, Velcro or a removable/reattachable wall-mounting product to post the cards in the order you will do them.
- As you progress through the day, allow the child to remove each step when it is complete.
- Every morning put your daily schedule up in the same place.
- Throughout the day, when children ask what's next or when they get to do a certain activity, teach them to seek out the information for themselves by referring them back to their daily schedule. For example, "You were wondering when you can have your next snack. Let's go check your visual schedule to find out."
- Various types of visual daily schedules that may work best for your child:
  - o Use a key ring and each day place the visual cards in order
  - o Use a file folder and place the cards in order each day on the folder
  - o Use a small notebook and create as flip chart with cards attached to each page
  - o Object schedule: use actual objects rather than picture cards, such as a spoon to represent mealtime, a ball to represent outdoor play time, etc.



**Wake Up**



**Get Dressed**



**Breakfast**



**Brush Teeth**



**Brain Smart Start**



**Indoor Playtime**



**Craft Time**



**Outdoor Playtime**



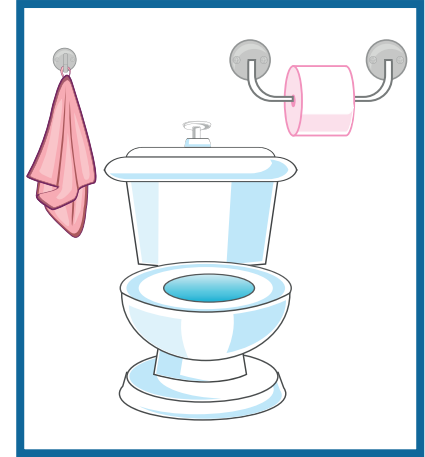
**Lunch**



**Story Time**



**Nap Time**



**Bathroom**



**Snack Time**



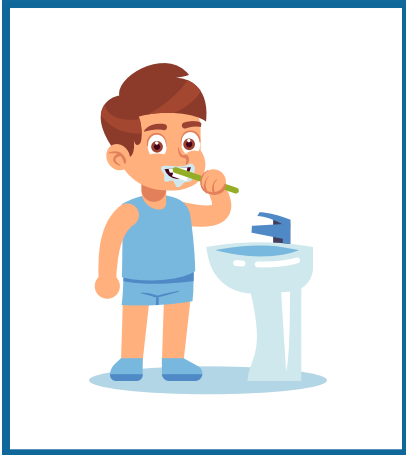
**Dinner**



**Bed Time**



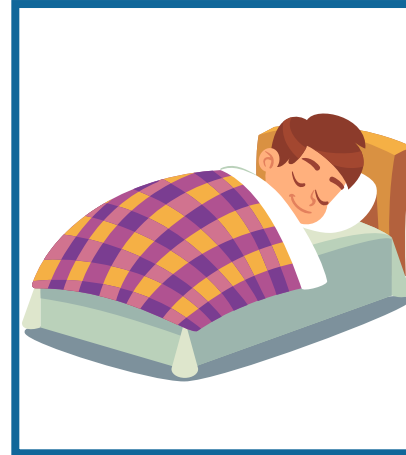
**Wash Time**



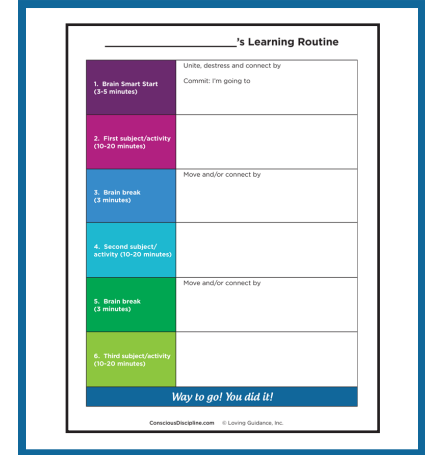
**Brush Teeth**



**Bedtime Story**



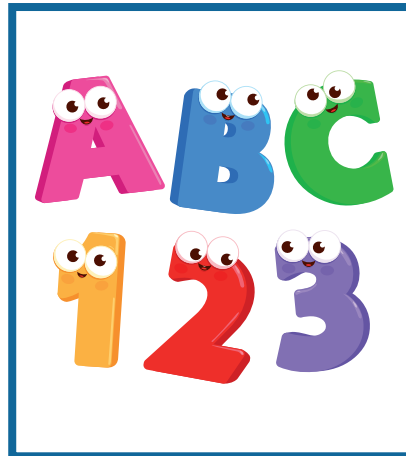
**Go to Sleep**



**Learning Routine**



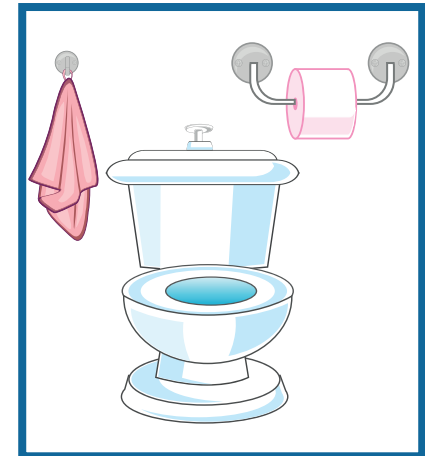
**Snack Time**



**Learning Time**



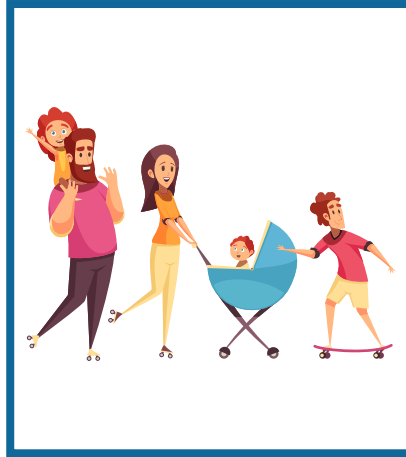
**Outdoor Time**



**Bathroom**



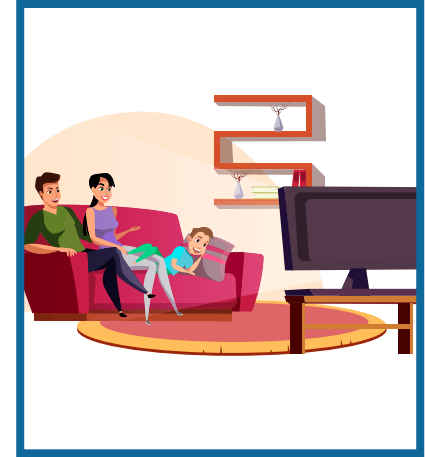
**Virtual Social Time**



**Neighborhood Walk**



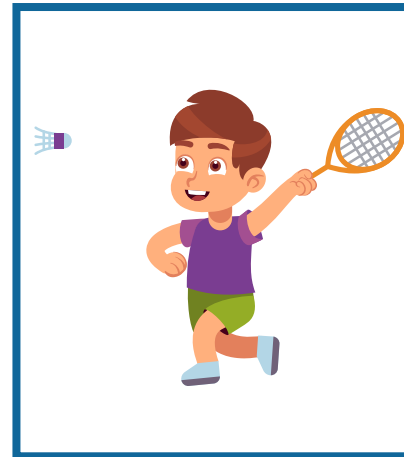
**Screen Time**



**T.V.**



**Family Game Time**



**Free Choice**