



VISUAL SCHEDULES

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TIPS FOR SUCCESSFUL VISUAL SCHEDULES:

1. Involve the child in the process of making the schedule (i.e. choosing the pictures, the order of events, where to hang the schedule).
2. Engage the child in erasing or checking off the task once the step is completed.
3. Visually direct the child to the schedule and “wonder” what the next step is, instead of telling. Encourage them to use “LOOK/TOUCH/SAY” - look at the schedule, touch the step and verbalize the step (if able).
4. When the specific order doesn't matter, have each activity on a piece of paper and create a game, letting the child choose the order in the moment.

Visual schedules are designed to help individuals follow through and successfully complete an activity or routine. They help to facilitate self-regulation, sequencing of multiple steps, the development of visual imagery skills, and foster a sense of independence!

WHEN SHOULD I USE A VISUAL SCHEDULE?

Visual schedules can be used across a variety of ages, activities and routines. We love to use them in the following ways:

In the **home**: to help with routines such as morning, homework and bedtime; to help with specific steps within an activity, such as teeth brushing or showering.

In **school**: to create individual steps within a task; to aide in transitions between subjects/specials/recess.

In **play**: to follow the steps of a specific game; to play one idea then another.

In **transitions**: to help with first/then, to make changes to routines visual and predictable.

HOW DO I MAKE A VISUAL SCHEDULE?

Visual schedules can be created quickly and easily. You can use words or simple drawings. Sometimes less is more. There is no need for professional programs. You can make a visual schedule on anything. A few of our favorites include:

- Dry erase boards
- Index/note cards
- Post-it notes (perfect for teachers to place on a student's desk!)
- Pictures from Google images
- Laminated lists



Family Tree Therapies is a multi-disciplinary therapy clinic specializing in occupational and speech & language therapy. We help families **IDENTIFY** the underlying factors contributing to the concerns at hand, **UNDERSTAND** how these factors impact language, development, learning, play and friendships, and **EMPOWER** your family with tools and strategies for overcoming such factors.