

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.

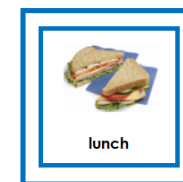
You will notice that there are several templates included within this document. The mats are different, in that the number of tasks/activities identified on each mat are different. You may use the mat over again, once your child(ren) completes the identified tasks/activities.

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.

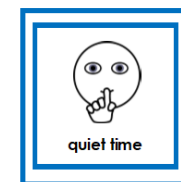
First



Then



Finally



Visual Schedule

Our Day

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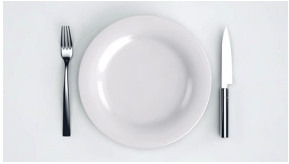
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breakfast



lunch



supper



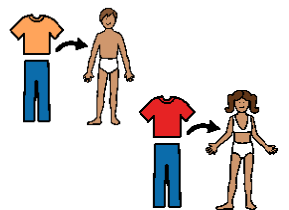
snack



snack



bath/shower



get dressed



brush your teeth



brush your hair



clean up



my responsibilities



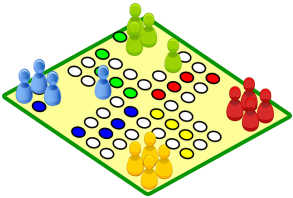
quiet time



make your bed



family time



game time



play time



go for a drive



go for a walk



school work



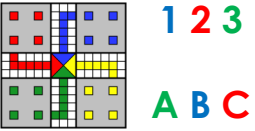
reading



writing



math



learning games



clean



television/movie



IPad/tablet



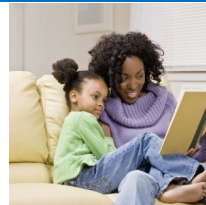
computer



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



play dough



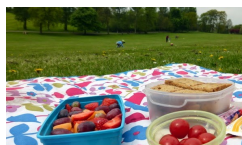
outdoor chalk



living room picnic



build a fort

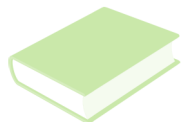


outdoor picnic



surprise!

Daily 6



reading

Daily 6



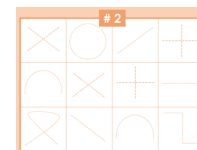
writing

Daily 6



word work

Daily 6



motor

Daily 6



movement

Daily 6



life skills

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First-Then Charts



breakfast



lunch



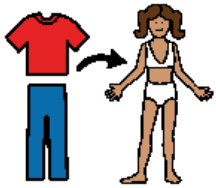
supper



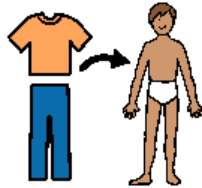
snack



bath/shower



get dressed



get dressed



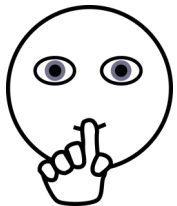
brush your hair



clean up



my responsibilities



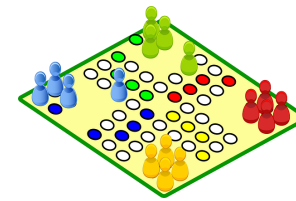
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game time



play time



go for a drive



go for a walk



school work



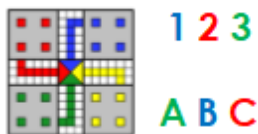
reading



writing



math



learning games



clean



television/movie



IPad/tablet



video game



help Mom or Dad



story



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put on pyjamas



surprise!



computer



bike ride



bake/cook



craft



colour/draw



play dough



outdoor chalk



living room picnic



build a fort

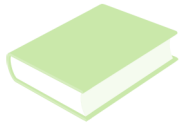


reward



reward

reading



Daily 6

writing



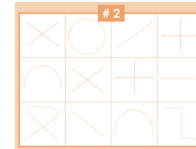
Daily 6

word work



Daily 6

motor



Daily 6

movement

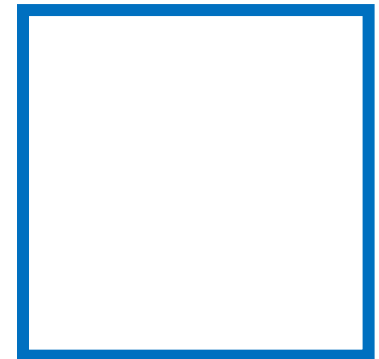
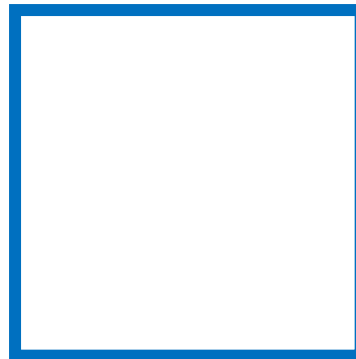
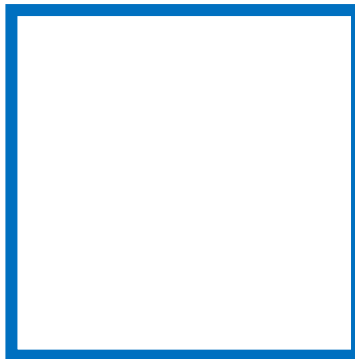
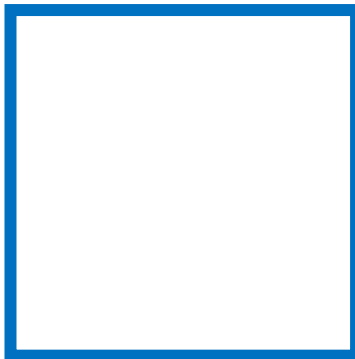
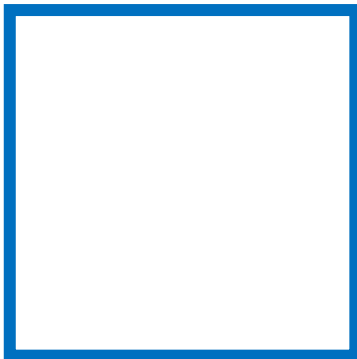
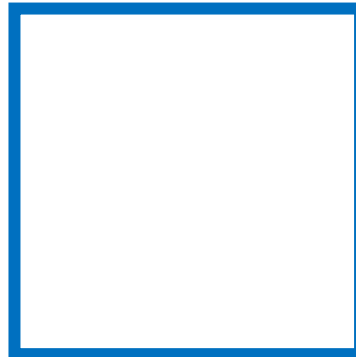
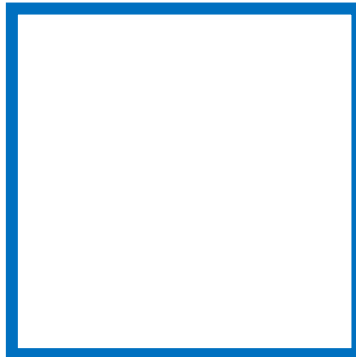
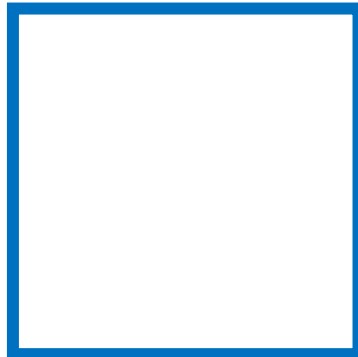


Daily 6

life skills



Daily 6



First

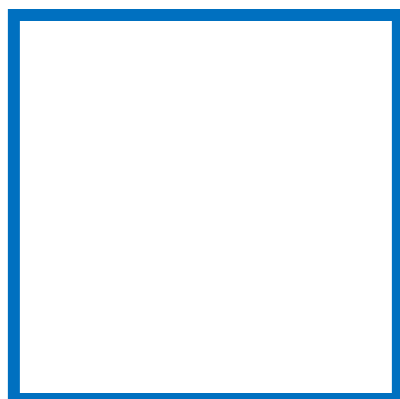
Then

Next

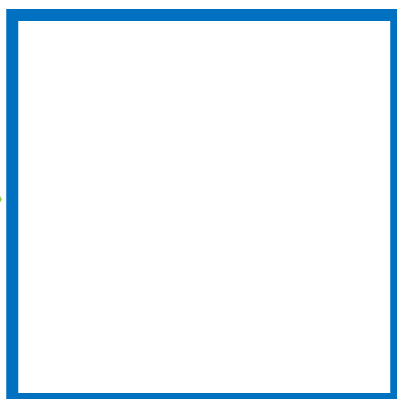
Finally



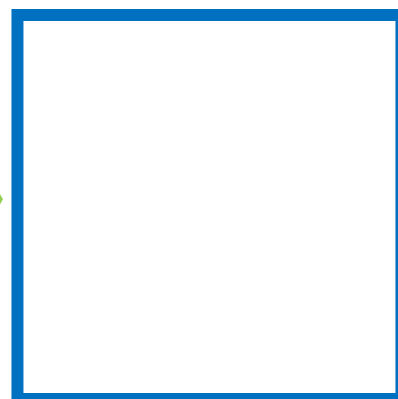
1



2



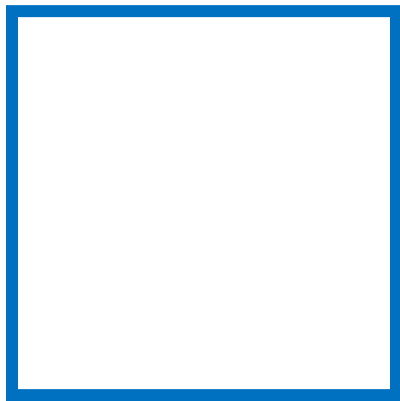
3



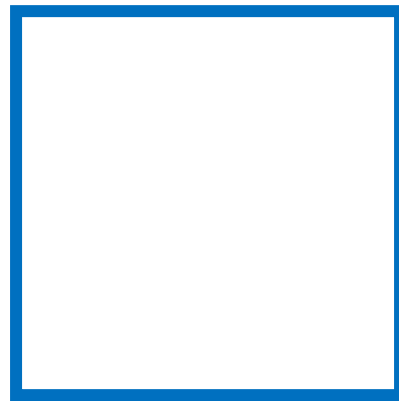
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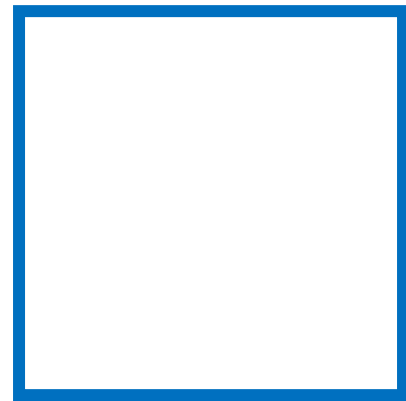
First



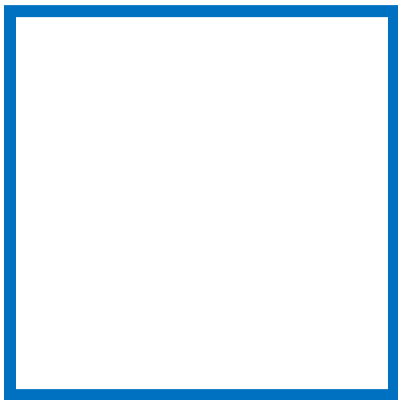
Then



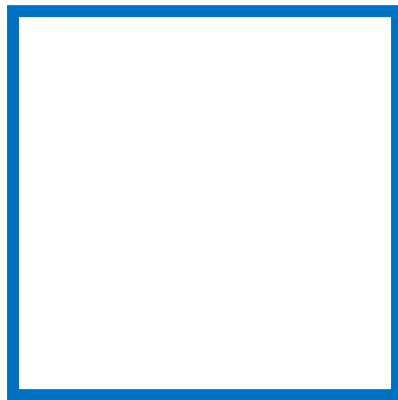
Finally



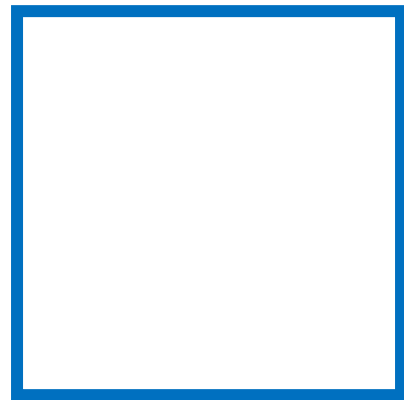
1



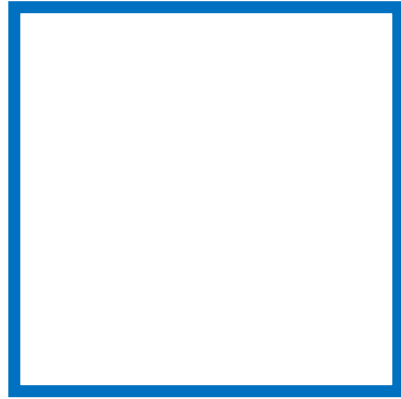
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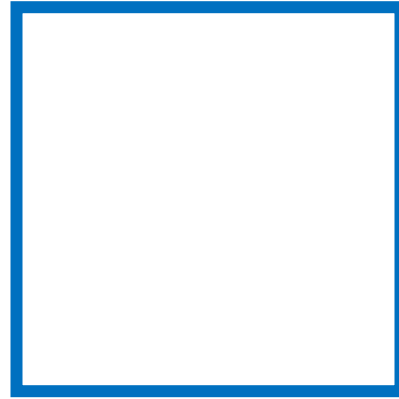
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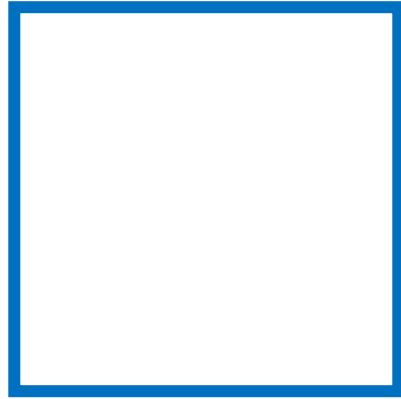
First



Then



1



2

