

Using a Visual Timetable

Visual timetables can help children to understand the daily routine and what is expected.

Use Card and Velcro/Blu tack in order to make your own timetable strip. Each day stick on the relevant pictures for what you will be doing that morning/afternoon/evening etc.

Show your child these pictures and talk about each activity briefly. When each activity is finished, take off the picture (or encourage your child to do so) and place it in a designated box/envelope for activities that are 'finished'.

Be consistent in your use of the word '**finished**' when activities are over, and removing the symbol from sight is a good way to emphasise this.

You can take photos of different activities, print off photos/pictures from the internet or draw your own pictures. We have also provided a variety of symbol options for your visual timetable (please see 'Visual Support – timetable symbols').

Try to keep your language short and simple when using the timetable.

See the example below:

