




Visual Schedule

Specially designed for  AutismWish
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INTRODUCTION

This visual schedule has been created to help children understand the activities to be completed in a whole day. The schedule can help to reduce confusion and anxiety and also help the child in becoming more independent towards handling daily tasks.

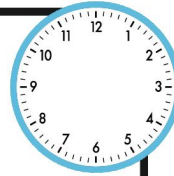
Bonus: We have included a fun game to help children understand the first and next steps during a day time's routine!



Daily routine (Checklist)

Weekdays

Getting Up
in the
Morning



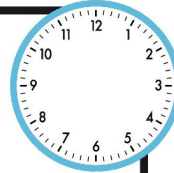
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Brushing
Teeth



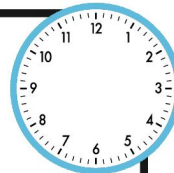
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Getting
Dressed



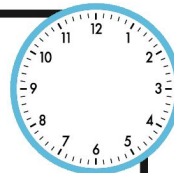
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Breakfast



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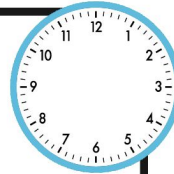
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Daily routine (Checklist)

Weekdays

**School
Activites**



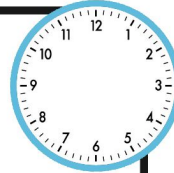
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Lunch



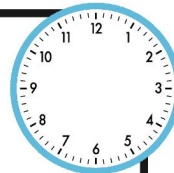
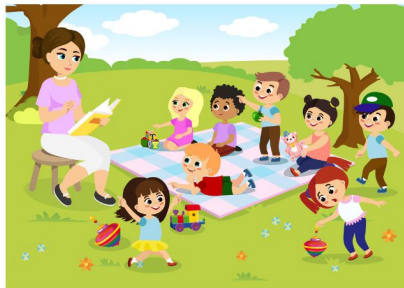
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**School
Activities**



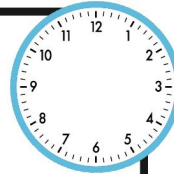
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Back Home



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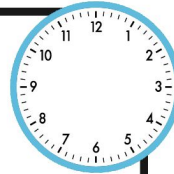
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Daily routine (Checklist)

Weekdays

Nap Time



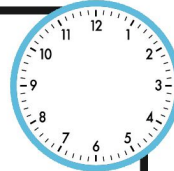
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Snack time



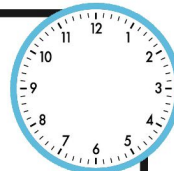
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Play Time



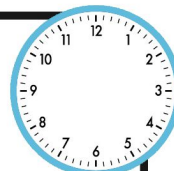
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Clean Up Toys



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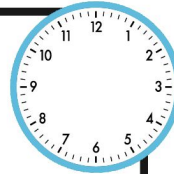
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Daily routine (Checklist)

Weekdays

Dinner



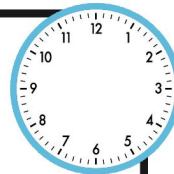
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Brushing
Teeth



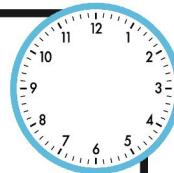
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Sleep



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Guideline

Laminate the visual schedule and ask the child to mark the activity off with a dry/erase marker as they complete it. For weekly progress tracking, the child can checkmark the weekday as well. This activity will help the child feel in control of their day and help them manage their feelings about transitioning throughout the day accordingly.

www.kindtheory.org

If you want a resource for something specific, you can fill out our contact form and put in a request!

Bonus

Helping Maya with her Day-Time Routine

Maya has just started her day and is clueless on the steps she needs to take to complete her day. Can you help Maya follow the visual schedule routine in order and help her get a good night's sleep?



Game time

Help Maya get to her bed!



Maya



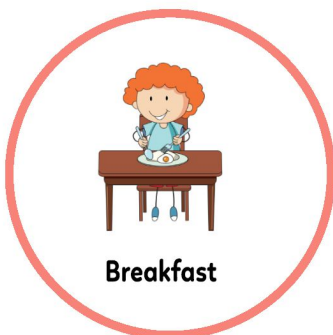
Getting Up in the Morning



Brushing Teeth



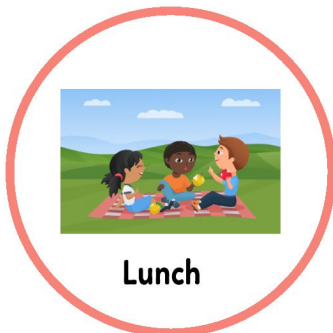
School Activities



Breakfast



Getting Dressed



Lunch



School Activities



Back Home



Nap Time



Snack time



Play Time



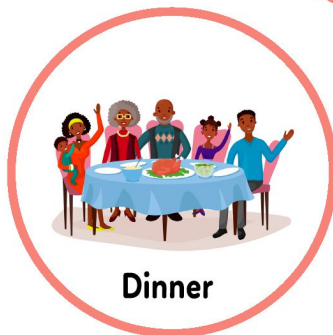
Clean Up Toys



Sleep



Brushing Teeth



Dinner