



## Morning Routine



## Afternoon Routine



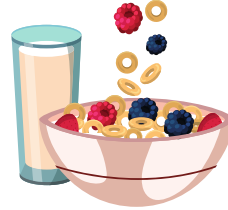
## Evening Routine



**Break**



**Read**



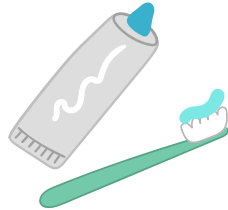
**Breakfast**



**Bathroom**



**Wash Hands**



**Brush Teeth**



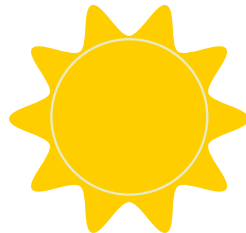
**Get Dressed**



**School**



**Backpack**



**Outside**



**Bus**



**Lunch**



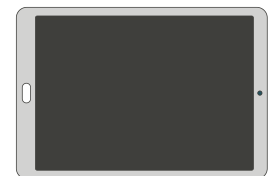
**Therapy**



**Snack**



**Play Time**



**Screen Time**



**Walk**



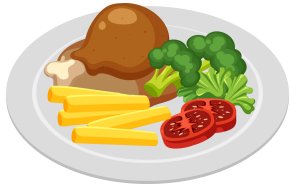
**Headphones**



**Swing**



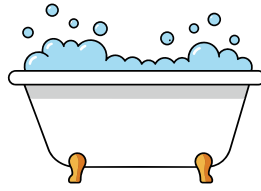
**Clean Up**



**Dinner**



**Family Time**



**Bath**



**Pajamas**



**Bedtime**



**Shopping**



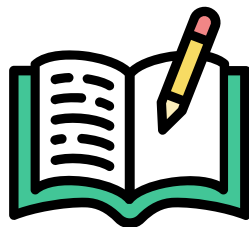
**Doctor**



**Dentist**



**Brush Hair**



**Homework**



**Make Bed**



**Medicine**



**Quiet Time**

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# How to Use Your Daily Visual Schedule

A visual schedule helps children with autism and sensory needs feel more secure, reduce anxiety, and understand what's coming next. Follow these steps to set up and use your schedule at home.

## 1. Print and Prepare

- Print the schedule and activity cards on sturdy paper or cardstock for durability.
- If possible, laminate the cards and template to make them reusable.
- Cut out the activity cards along the solid lines.

## 2. Set Up the Template

- Place the blank daily template in a visible area (kitchen wall, bedroom, playroom).
- Use Velcro dots or magnetic tape on the back of each card so they can be moved around.

## 3. Choose the Day's Activities

- Each morning (or the night before), select the cards that match your child's planned day.
- Arrange them in Morning → Afternoon → Evening order on the template.
- Include a mix of required tasks and fun activities.

## 4. Introduce the Schedule Slowly

- Start with just a few cards and gradually increase.
- Show your child each card and explain what it means.
- Use clear, simple language when reviewing the day.

## 5. Involve Your Child

- Let them help pick certain activities from the "Optional" cards.
- Encourage them to remove each card as it's completed — this builds independence.

## 6. Keep It Flexible

- If plans change, swap the cards. This teaches adaptability while still giving structure.
- Use the blank cards to add custom activities or special events.

## Tips for Success

- Pair the schedule with a timer to set limits on activities.
- Offer praise or small rewards for completing tasks.
- Always end the day with a calming bedtime routine.

Remember: Consistency is key, but flexibility keeps it stress-free! Over time, your child will rely on the schedule as a trusted part of their day.