



# Morning Routine

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# Afternoon Routine

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# Evening Routine

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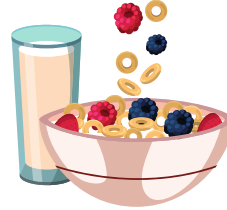
# Daily Visual Schedule Cards



**Wash Hands**



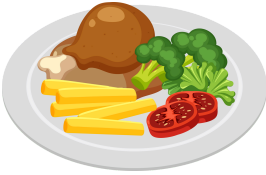
**Read**



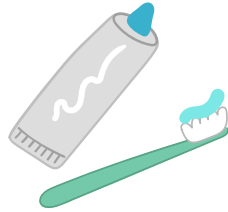
**Breakfast**



**Quiet Time**



**Dinner**



**Brush Teeth**



**Get Dressed**



**School**



**Pack Backpack**



**Wake Up**



**Chores**



**Lunch**



**Bedtime**



**Snack**



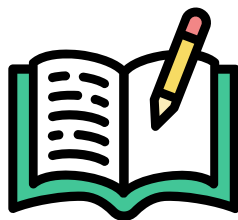
**Pajamas**



**Screen Time**



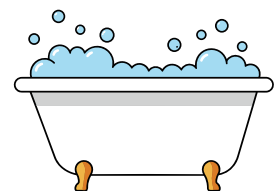
**Play Outside**



**Homework**



**Family Time**



**Bath**

# How to Use Your Daily Visual Schedule

A Daily Visual Schedule helps children feel secure, reduce anxiety, and understand what's coming next. It provides structure for home and school routines, building independence and predictability.

## 1. Print and Prepare

- Print the schedule and activity cards on sturdy paper or cardstock.
- Laminate for durability so they can be reused.
- 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, or classroom).
- Use Velcro dots or magnetic tape on the back of each card so they can be moved.

## 3. Choose the Day's Activities

- Each morning (or the night before), select the cards for the planned day.
- Arrange them in order: Morning → School/Daytime → Afternoon → Evening.
- Include both required tasks and enjoyable activities.

## 4. Introduce the Schedule Slowly

- Start with a few cards and gradually add more as your child gets used to the routine.
- Show each card and explain what it means in simple, clear language.

## 5. Involve Your Child

- Let them help choose certain optional activities.
- Encourage them to remove or move each card as it's completed to build ownership.

## 6. Keep It Flexible

- Swap cards if plans change — this teaches adaptability.
- Use blank cards for custom activities or special events.

## Tips for Success

- Pair the schedule with a timer to set activity limits.
- Offer praise or small rewards when tasks are completed.
- Always end the day with a calming bedtime routine.

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



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