



Morning Routine

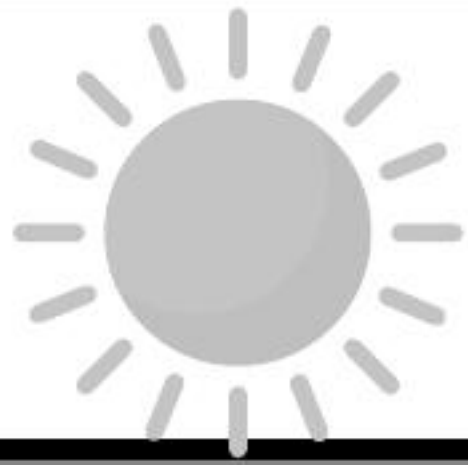
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Afternoon Routine

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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



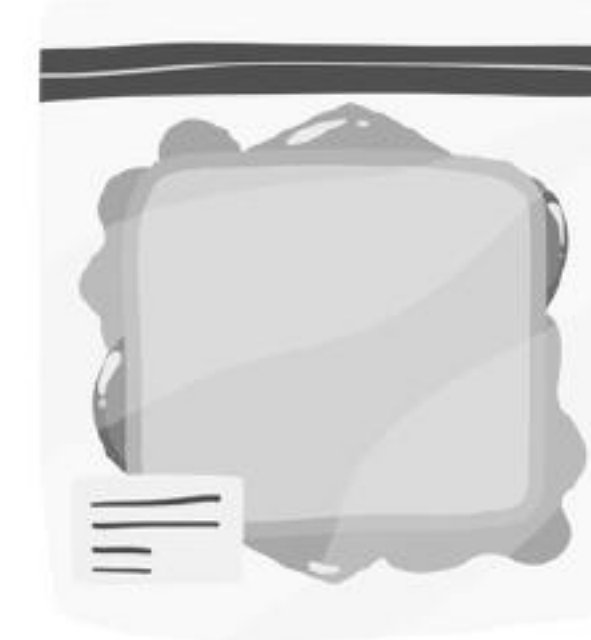
Pack Backpack



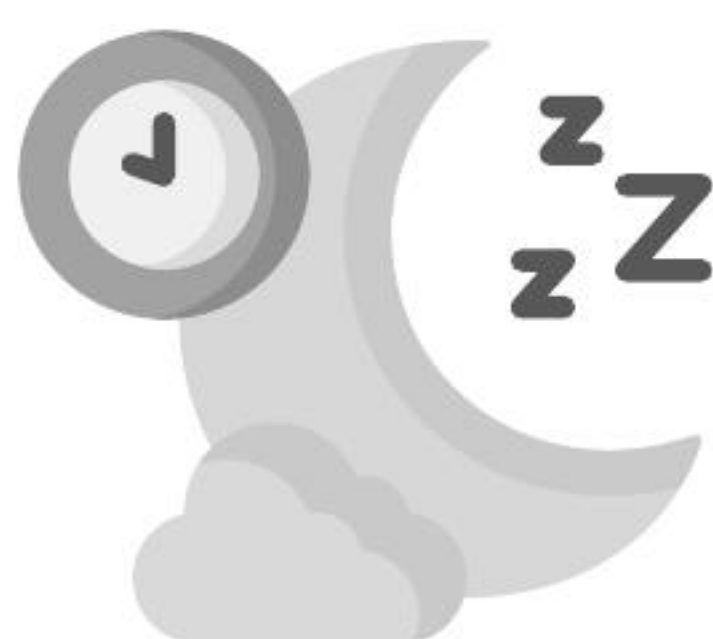
Wake Up



Chores



Lunch



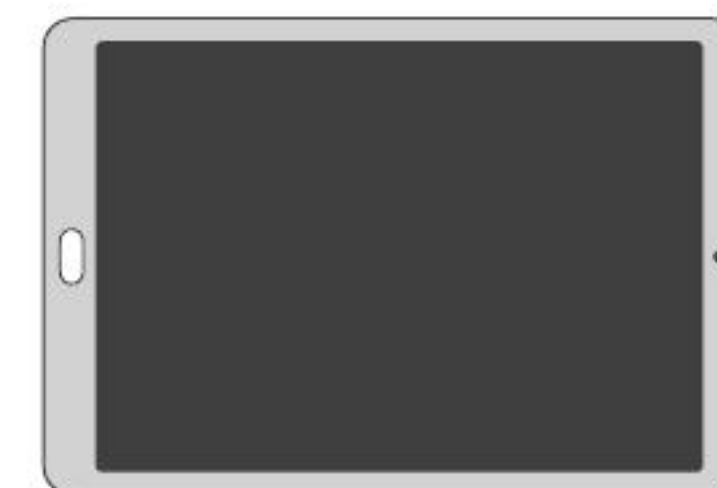
Bedtime



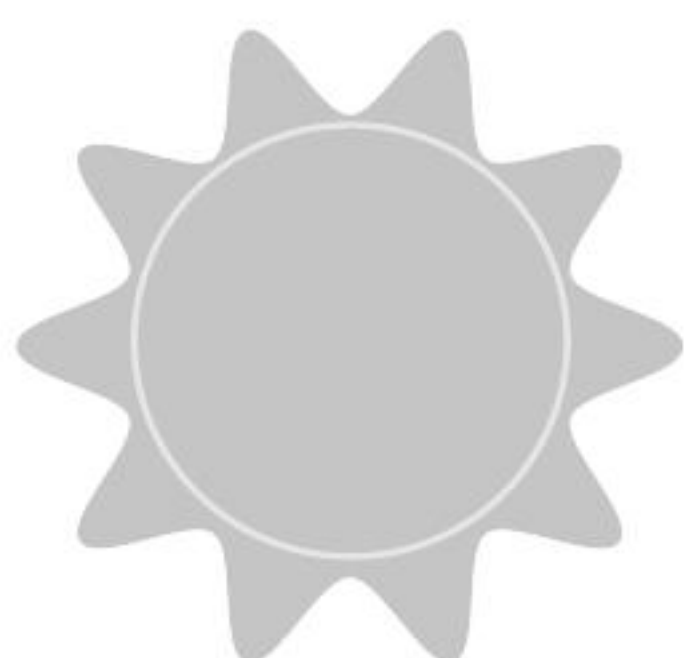
Snack



Pajamas



Screen Time



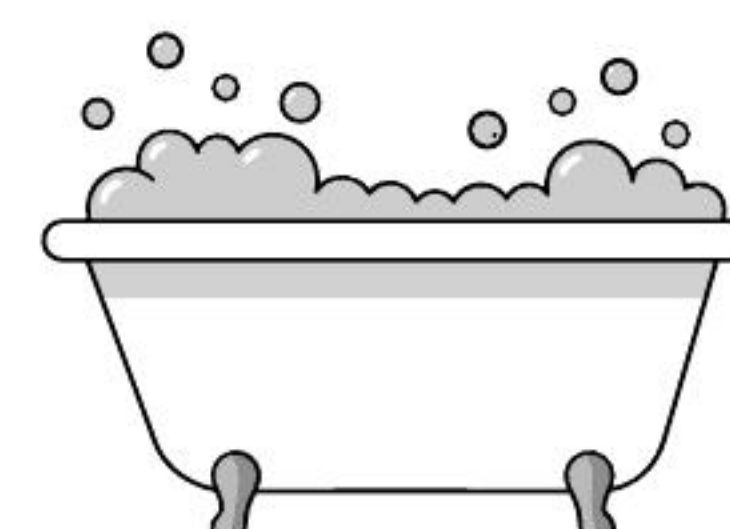
Play Outside



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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