

## Visual Schedules

A visual support to establish routines, teach new skills and communicate expectations of the day.

### Washing Hands Schedule

1.  Water On
2.  Get Soap
3.  Scrub Hands
4.  Rinse Hands
5.  Water Off
6.  Dry Hands
7.  Paper In Trash Can

### Helpful for:

- Learning routines
- Teaching new activities and social skills
- Transitioning between activities
- Alleviating anxiety surrounding what comes next and changes to routine
- Increasing on-task behaviors
- Helpful to all individuals as it visually demonstrates the expectations and timing of the routine or activity, especially in new settings

Visual schedules can take different forms based on the communication method best suited to the user. Some examples are written, photo, drawing and object schedules



#### WRITTEN

##### Sally's Morning Schedule

- Breakfast
- Yoga
- Math at table
- Playtime
- Lunch

### Create

- Identify the user and their preferred method of communication, i.e. pictures, written words, objects...
- Identify the part of day, routine or activity that the visual schedule will outline.
- Create your visual schedule with the first activity at the top of the board, and the following activities stacked underneath in order.
- Activities can be represented as picture cards of the targeted activities on the board, use Velcro to adhere.
- Laminating picture cards and boards increases durability.
- Visuals can also be hand drawn on paper or a dry erase board.

### Implement

- Start teaching when the user and teacher are at their best.
- Model the expected behaviors using the schedule.
- When using or introducing the visual schedule, stand beside the user so that the focus is on the schedule.
- Have the user remove the activity cards from the schedule as the activity is completed.
- As the user removes the activity card, verbalize that the activity is completed and indicate the upcoming activity.
- Observe the user's reaction to check for understanding; adjust prompts as needed.

### Assess

- Continually assess the schedule to ensure that it is serviceable to the user.
- Keep using it as long as it is working.
- Assess the amount of activities on the schedule to make sure it is appropriate for the user's communication needs.