

VISUAL SCHEDULES

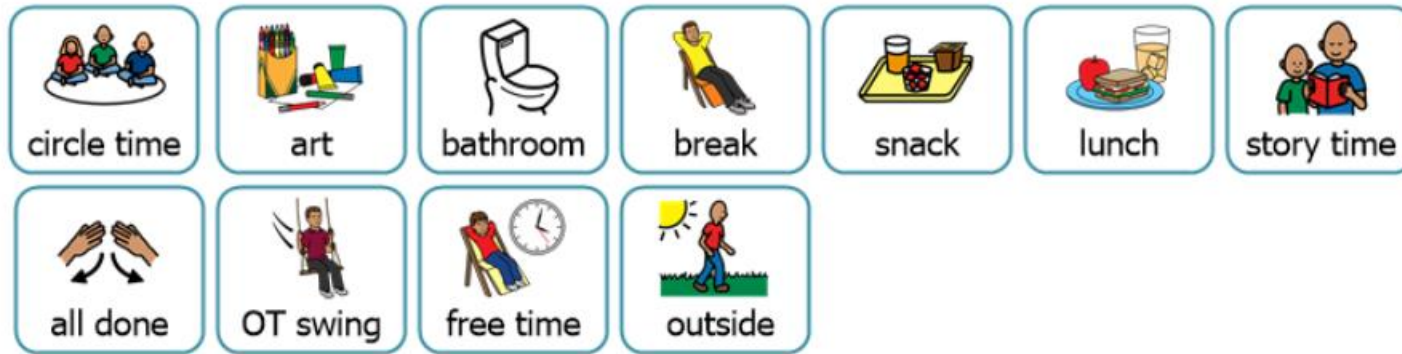
Visual schedules help students anticipate transitions and upcoming activities.



Here are just a few reasons why you may want to use a visual schedule:

- They provided structure and predictability.
- Helps to reduce anxiety.
- Facilitated independence.
- Builds self-esteem.
- Allows for unexpected changes to be easily introduced.
- Helps to teach planning, time concepts and sequencing.
- Reduced repetition of instructions.
- Can incorporate choice making for your child – which can provide a sense of some control and or contribution.

On the following pages you will find an example of a visual schedule. You may use the blank schedule to create your own. You can draw pictures or line drawings to form your activity cards or use the ones already provided.

My Schedule



1	2	3	4	5	6	7	8
 circle time	 story time						

My Schedule

1	2	3	4	5	6	7	8