Visual Schedules for Daily Routines

At Home

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“Visual Schedules for Daily Routines at Home” are designed for use with children who require picture support to complete activities of daily living. Students on the Autism Spectrum and students who struggle with transitions often benefit from the use of visual schedules. These schedules may be provided to parents and caretakers to support students at home with:

- Getting dressed
- Taking a bath
- Brushing teeth
- Toileting
- Morning Routine
- Bedtime Routine

Each schedule includes a colored background and plain white background. Morning and Nighttime Routines include both fixed and open-ended schedules so that they can be adjusted depending on the individual needs of the child and family.

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Toileting

pull down pants
use bathroom
get toilet paper
wipe
get off toilet

pull pants up
flush
wash hands
dry hands
finished
Brushing Teeth

get toothbrush  put on toothpaste  brush teeth  rinse mouth  dry face  finished

get toothbrush  put on toothpaste  brush teeth  rinse mouth  dry face  finished

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Taking a Bath

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Getting Dressed

get out clothes
put on underwear
put on bottoms
put on top
put on socks
put on shoes

get out clothes
put on underwear
put on bottoms
put on top
put on socks
put on shoes
Nighttime Routine

Instructions: Cut out visual schedule and laminate. Cut out checkmarks in to individual squares; laminate. Affix velcro coins, hook side, to visual schedule on “place velcro here” boxes. Affix velcro, loop side, to the back of checkmarks. Place a checkmark on each activity as it is completed.
Instructions: Cut out Activity Pictures; laminate; affix Velcro (loop side) to back of each picture. Cut out Schedule Template; laminate, affix Velcro (hook side) on each square. Cut apart each checkmark box individually; laminate. Affix Velcro (hook side) to back of each. Arrange picture schedule in to desired order by placing Activity Pictures in left column, beginning with the first activity at the top. As the child completes each activity, place a checkmark beside it in the right-hand column.
Nighttime Routine: Open-Ended Picture Schedule

Activity Pictures

Instructions: Cut out Activity Pictures; laminate; affix Velcro (loop side) to back of each picture. Cut out schedule template; laminate, affix Velcro (hook side) on each square. Cut apart each checkmark box individually; laminate. Affix Velcro (hook side) to back of each. Arrange picture schedule in to desired order by placing Activity Pictures in left column, beginning with the first activity at the top. As the child completes each activity, place a checkmark beside it in the right-hand column.
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Morning Routine:
Open-Ended Picture Schedule

Instructions: Cut out Activity Pictures; laminate; affix Velcro (loop side) to back of each picture. Cut out schedule template; laminate, affix Velcro (hook side) on each square. Cut apart each checkmark box individually; laminate. Affix Velcro (hook side) to back of each. Arrange picture schedule in to desired order by placing Activity Pictures in left column, beginning with the first activity at the top. As the child completes each activity, place a checkmark beside it in the right-hand column.
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Activity Pictures

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