

## Visual Timeline Pack

Timelines can take many forms, such as objects of reference, photos, symbols, and they can be used to give insight into an entire day, or more simply into now/next activities - depending on the skill level of the child.

### What's included in the pack?

- Symbols for activities and everyday routine activities
- A now and next board
- A background for a visual timeline (or feel free to be inventive with your own ideas!)

### Why use a visual timeline?

- Helps to provide a routine and structure throughout the day
- Helps to reduce anxiety
- Helps with providing a sense of sequence and understanding *first, next* and *last*.
- Helps to develop the understanding that symbols represent activities.

### How to use a visual timeline

- Use pictures or visual symbols that relate to activities for the day.
- Place the pictures in order of your day on a strip (or a train is included in this pack).
- Once the activity is finished, take the picture off with your child and place in a 'finished' wallet or box.
- Talk your child through the timeline for the day to help with understanding.
- For a now and next board, put pictures/symbols in each box and explain that (for example) *first* you will do iPad and *next/then* bath-time.















