

Putting together a visual timetable.

Why might you use a visual timetable?

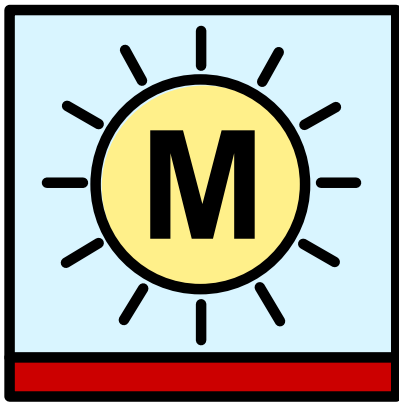
- So children can see the plan of activities for the day.
- It can help to reduce anxiety.
- It can help everyone feel more organised!

There are no strict rules. Just put together a timetable that works for your child.

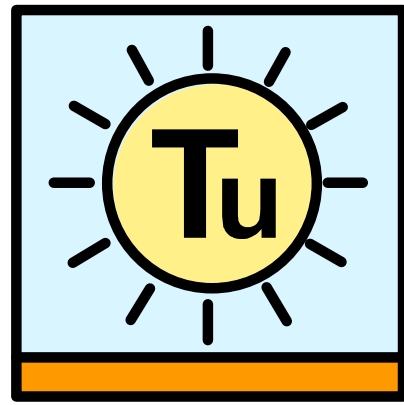
For example, you could set up a timetable for the morning/afternoon, for the whole day or just to show them what you are doing now and next.

You can use photos, symbols, words – whatever your child understands. We have created some symbols for you that might be helpful. Feel free to print them off and use them as you wish.

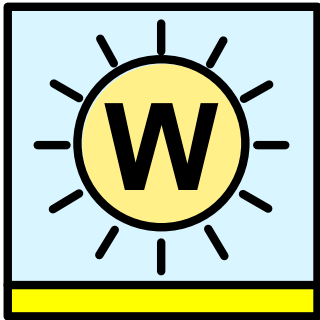
It can be useful to have the schedule stuck up with Velcro or blue tac so your child can remove each activity from the timetable when it's finished.



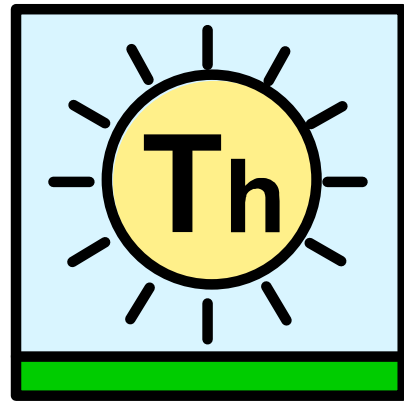
Monday



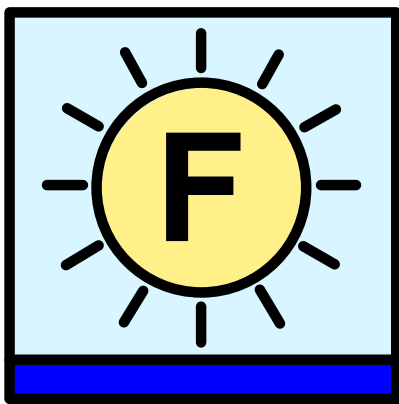
Tuesday



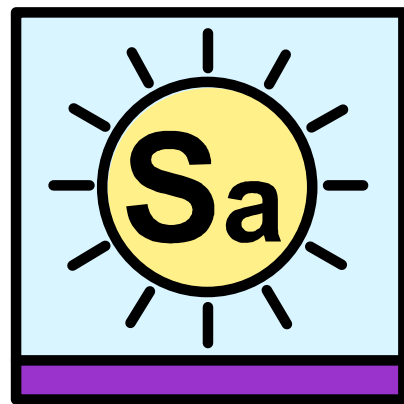
Wednesday



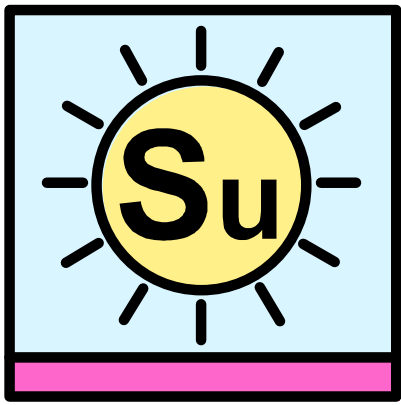
Thursday



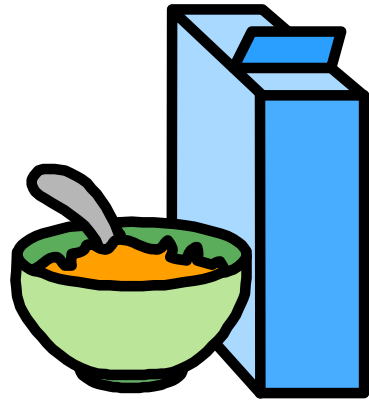
Friday



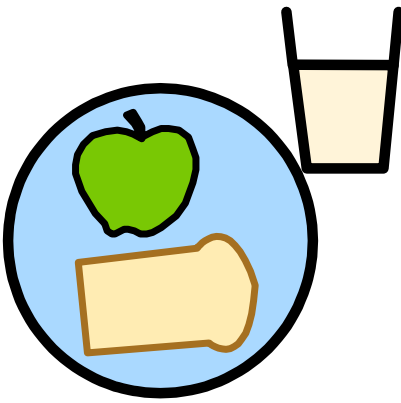
Saturday



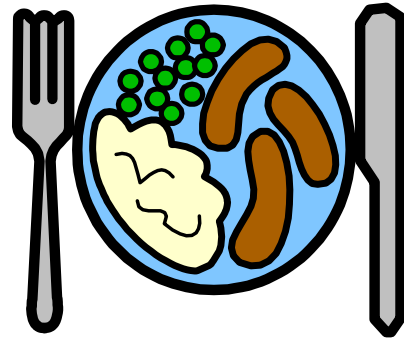
Sunday



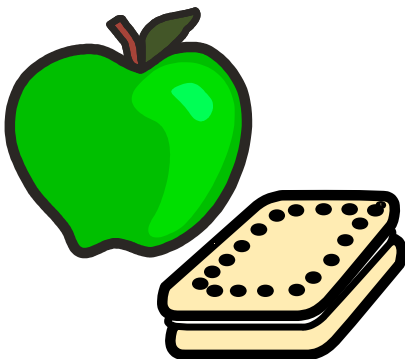
breakfast



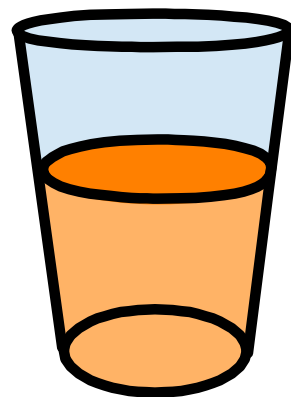
lunch



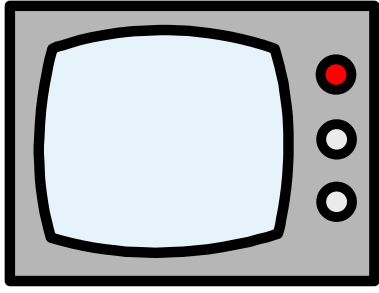
dinner



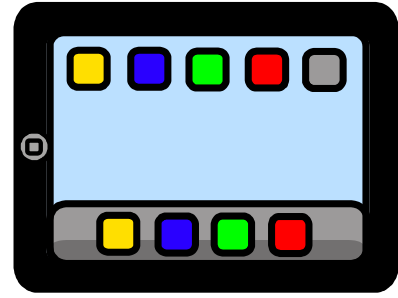
snack



drink



TV



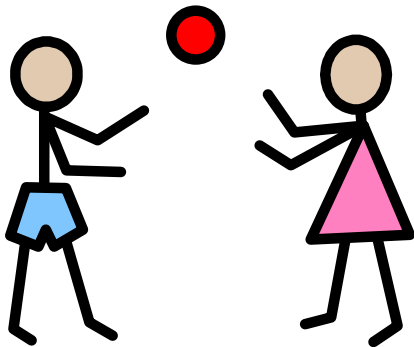
iPad



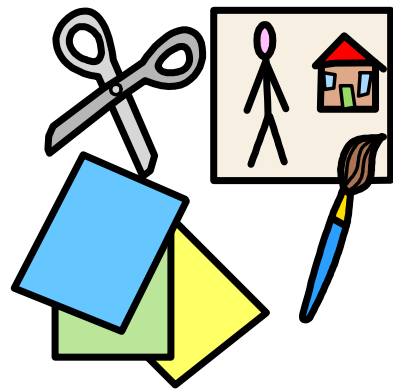
computer



read



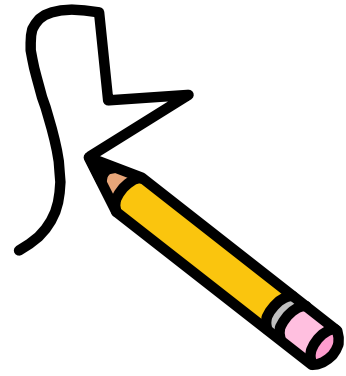
play



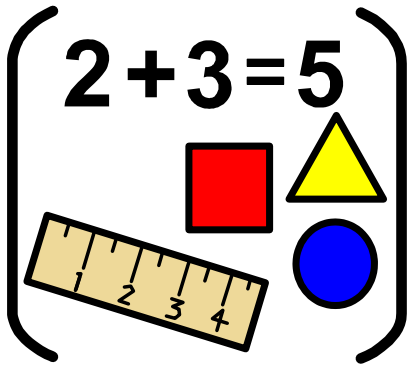
craft



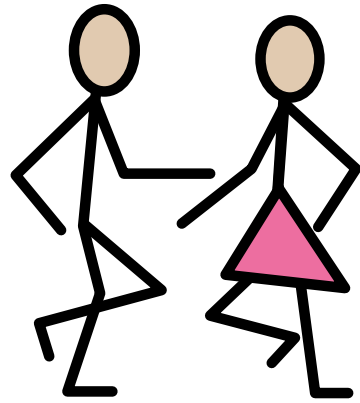
Art



draw



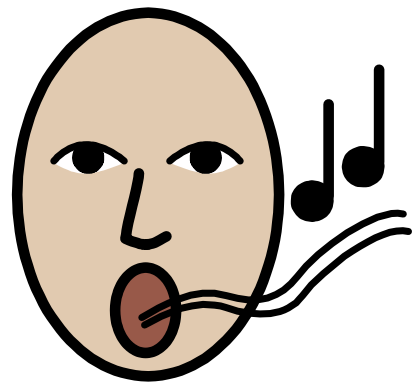
Maths



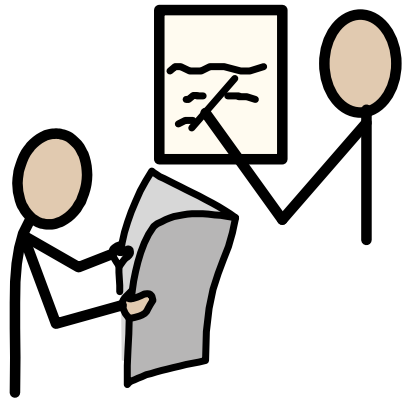
dance



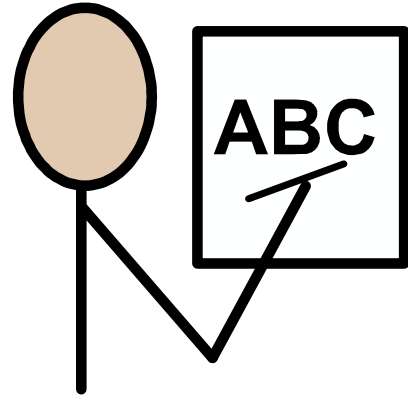
music



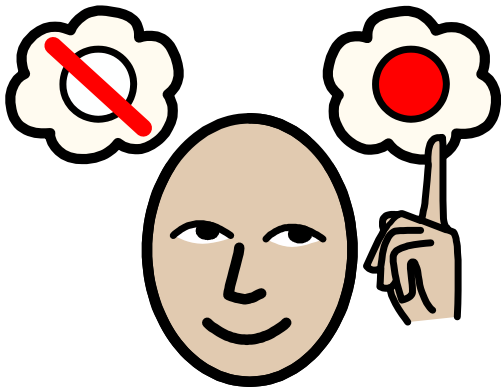
sing



Literacy



spellings



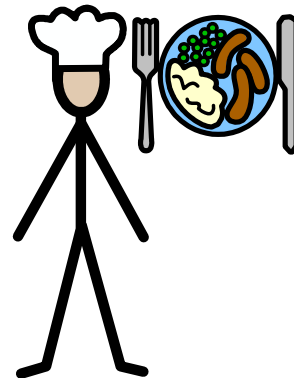
choice



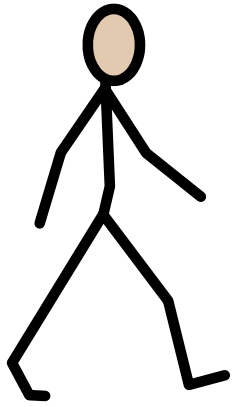
chores



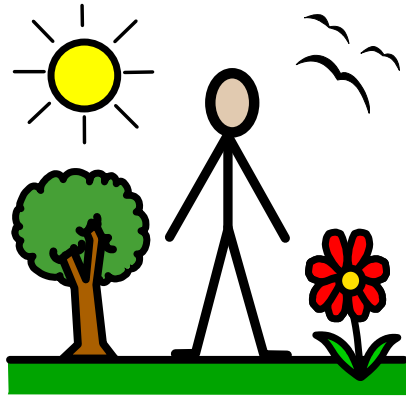
tidy up



cook



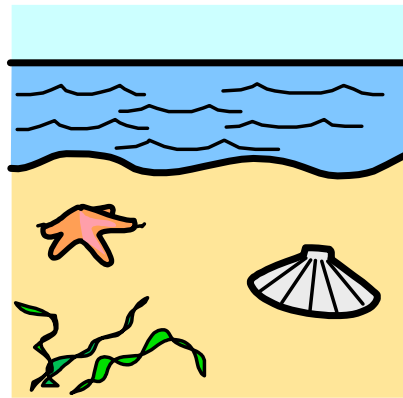
walk



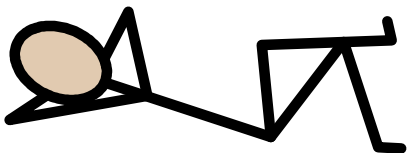
outside



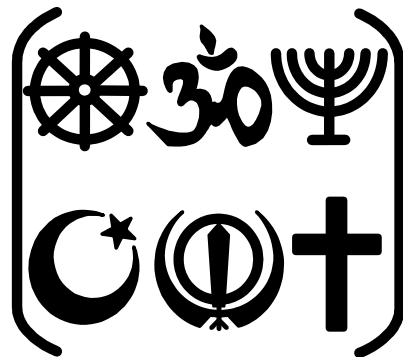
playground



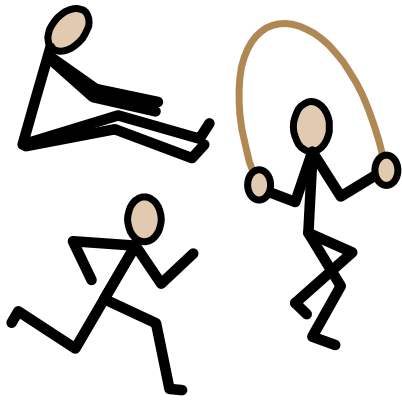
beach



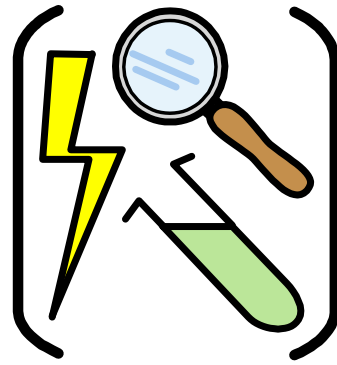
rest



RE



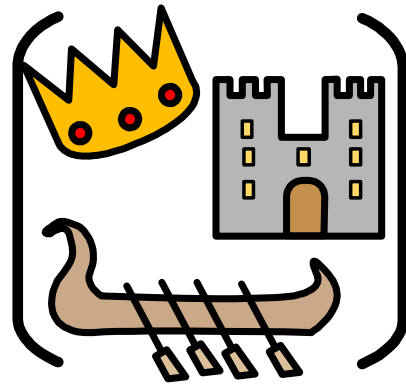
exercise



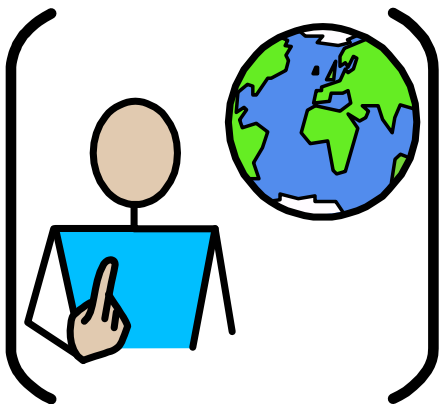
Science



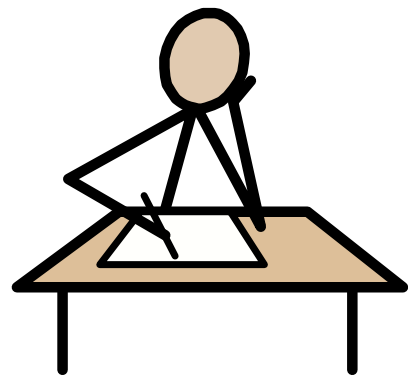
Geography



History



PSHE



work