



How to Make a Visual Schedule

What is a visual schedule?

A visual schedule is a timetable of events in chronological order which make up a person's daily routine. They can be used in the home, in the classroom or as a portable schedule for an independent user.

Why use a visual schedule?

Visual schedules help people to visualise the abstract concept of what their day will look like. Visual schedules provide structure to daily routine, which may alleviate anxiety or pressure throughout the day.

They can help a person who finds it difficult to think in the abstract, by outlining what will happen next and also what will happen in place of a cancelled or postponed event.

Those who use a visual schedule are given the opportunity to visualise the action or activity before it happens, thus preparing them for it.

As a young child gets used to the same changes throughout the day, he/she may start to lead their own daily life and be enabled to use their own visual schedule independently as they get older.

What to include in a visual schedule?

A visual schedule should consist of;

- Chronologically ordered blocks of time
- Sequential language (first, then) or symbols (arrows)
- Activities labelled using words, symbols and animated or real-life images.
- A 'Finished' pouch at the end to visually remove completed activities.

Visual schedules are incredibly easy to make, using card, a laminator and Velcro. Making multiples of each visual is advised in order to alleviate anxiety if one goes missing or becomes damaged. All children in the class will benefit from the visual representation of the schedule.

