

VISUAL SCHEDULING

template

Editable template to help children understand their daily routine, to increase predictability, reduce anxiety, and promote independence

MY SCHEDULE

MORNING

- Eat breakfast
- Get dressed

AFTERNOON

- Unpack school bag

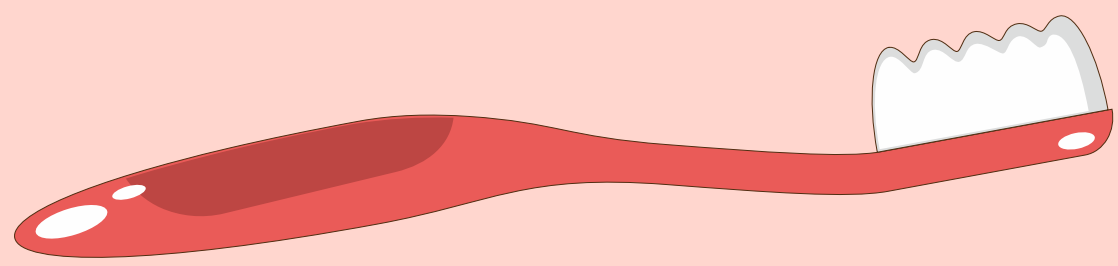
bag

- Brush teeth
- Pack lunch box
- Get dressed
- Make bed
- Jobs
- Brush hair
- Screen time
- Dinner time
- Eat breakfast

MY SCHEDULE

MORNING

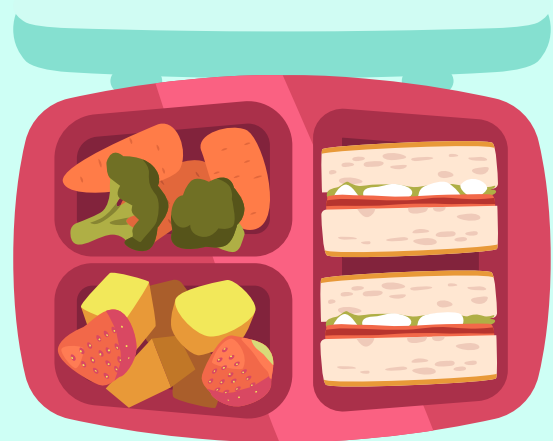
AFTERNOON



Brush teeth



School time



Pack lunch box



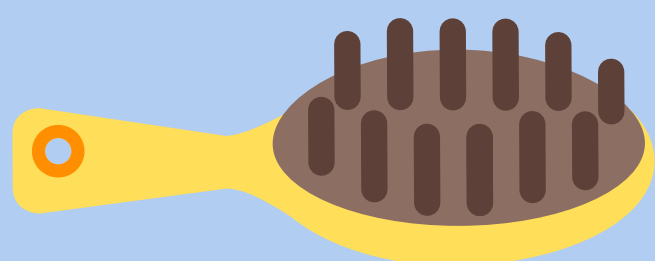
Unpack school bag



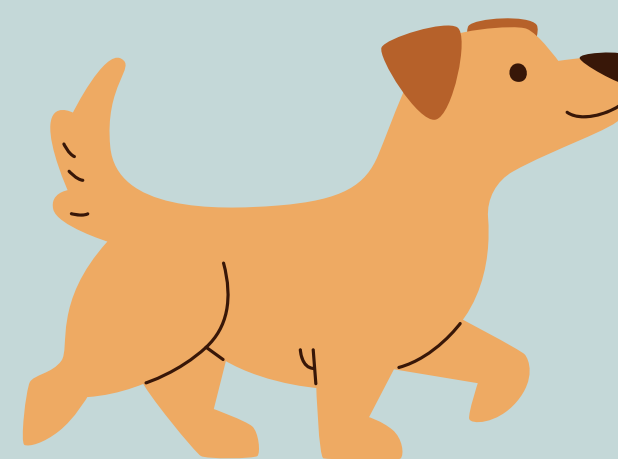
Get dressed



Homework



Brush hair



Walk dog



Eat breakfast



Play



Goodbye



Read



Hello



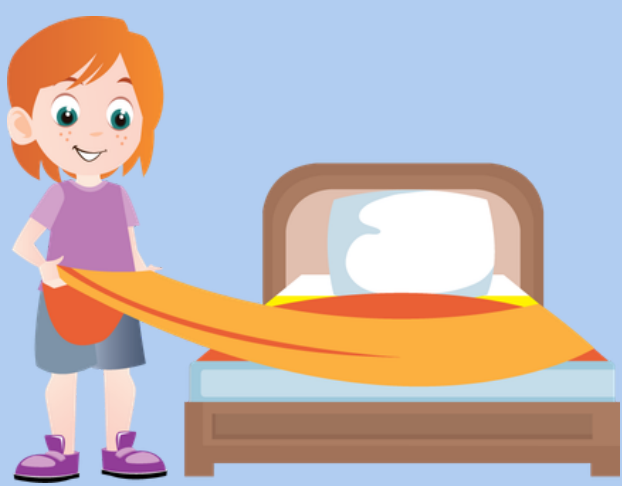
Unpack school bag



Wake up



Medicine



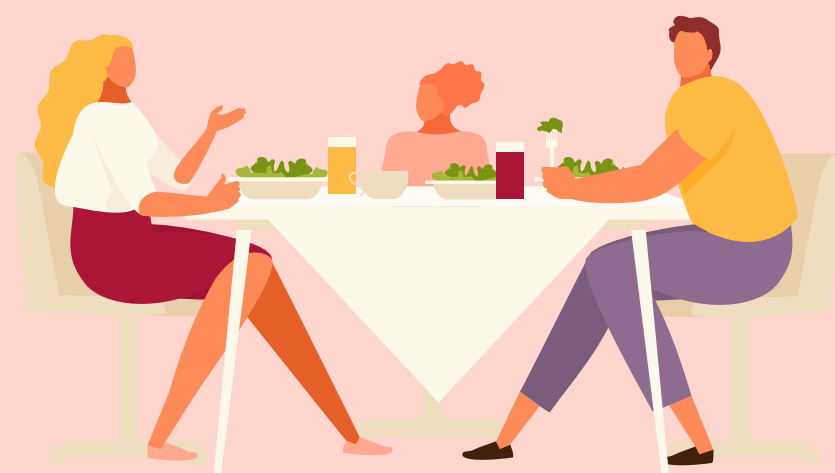
Make bed



Jobs



Screen time



Dinner time