

See it.
Understand it.
Do it!

VISUAL SCHEDULES & DAILY ROUTINES



Clear steps.
Confident days.
Successful routines! ♥



MY MORNING ROUTINE



WAKE UP



BATHROOM



BRUSH TEETH



GET DRESSED



EAT BREAKFAST



GO TO SCHOOL



MY BEDTIME ROUTINE



BATH TIME



PAJAMAS



BRUSH TEETH



STORY TIME



SLEEP



♥ VISUAL SUPPORTS THAT HELP EVERY DAY! ♥



Build
Independence



Reduce
Anxiety



Support
Understanding



Encourage
Consistency



Perfect for
Home, School
& Therapy

♥ Helping little learners stay on track and feel proud! ♥

VISUAL TIMER

This timer shows how much time is left.



RED
time
that is
left

WHITE
time
that has
passed



Why use a visual timer?



It helps me see time passing, stay focused,
and know when an activity will be done. ♥



We are working for:



You can do it!



MY SCHEDULE

This schedule shows what we are doing
and what comes next. ♥

FIRST

THEN

1



Wake
Up



2



Brush
Teeth



3



Go to
School



4



Lunch



5



Play
Time



I can follow my schedule!

I am doing a great job! ♥



MY DAILY SCHEDULE



This schedule shows what we are doing today! ♥



TO DO

ALL DONE

1



2



3



4



5



6



7



8



9



10



11



12



I can follow my schedule!

Great job!





MY MORNING ROUTINE



This schedule shows what I do
in the morning! ♥



FIRST

ALL DONE

1



Wake Up



2



Use
Bathroom



3



Brush
Teeth



4



Get
Dressed



5



Eat
Breakfast



6



Take
Medicine



7



Grab
Backpack



8



Go to
School / Day
Program



I can follow my morning routine!

I am off to a great day! ♥



MY AFTER SCHOOL / DAYHAB SCHEDULE

This schedule shows what I do after school / dayhab! ♥

FIRST

ALL DONE

1



Come Home



2



Snack



3



Use Bathroom



4



Homework / Therapy



5



Play Time



6



Eat Dinner



7



Take a Bath



8



Get Ready for Bed / Bedtime



I did a great job today!
I am so proud of myself! ♥





MY EVENING ROUTINE



This schedule shows what I do
in the evening! ♥



FIRST

ALL DONE

1



Eat
Dinner



2



Take
a Bath



3



Put on
Pajamas



4



Brush
Teeth



5



Read a
Story



6



Take
Medicine



7



Say
Prayer



8



Go to
Bed



I can follow my evening routine!

I am proud of myself! ♥





MY WEEKLY SCHEDULE



A visual plan helps me
feel confident and stay on track! ♥

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



SUNDAY

