

Visual Schedule

A Visual Schedule is a graphic representation of scheduled tasks/activities for a learner.

Type : <i>Visual</i>	
Category:	<i>1) Communication</i>
	<i>2) Behavior Support</i>
	<i>3) Daily Living</i>

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What is a Visual Schedule?

A Visual Schedule is a tool that uses pictures, icons, photos, or words to show what's happening and when. It gives a clear step-by-step guide of tasks, activities, or routines so the learner always knows what they're doing, where they're meant to be, and what's coming next.

Visual schedules are especially helpful for breaking down multi-step tasks. Whether it's getting ready in the morning, moving between classes, or completing an activity, a visual schedule makes each part more manageable and predictable.

The main goal is to help the learner understand, plan, and manage their day with greater confidence and independence.

Why Use a Visual schedule?

- ✔ **Creating structure and predictability**
Helps the day feel more organised and less overwhelming.
- ✔ **Setting clear expectations**
Shows exactly what's happening now and what's coming next.
- ✔ **Supporting smoother transitions**
Makes it easier to move between activities without surprises.
- ✔ **Reducing anxiety and stress**
Visuals make information more concrete and less open to interpretation.
- ✔ **Encouraging independence and responsibility**
Learners can follow the schedule themselves and build self-management skills.
- ✔ **Avoiding power struggles**
The schedule becomes the "boss," not the adult—removing negotiation or conflict.
- ✔ **Providing a visual reminder**
Learners can check the schedule as often as they need, without relying on memory or repeated verbal prompts.
- ✔ **Redirecting attention**
If the learner gets distracted, the schedule helps guide them back on track.

Visual schedules can be used for **daily routines, step-by-step instructions, transitions, behaviour supports**, and more. They're a flexible, practical tool to support learning and make life a little easier for everyone.

My Day

Wake Up



Wake Up



Get Dressed



Brush Hair



Brush Teeth



Shower/Bath



Toilet



Shoes on



Medication



Pack Bag



Breakfast



Homework



Lunch



Bedtime



Dinner



Story Time



Drink



Pyjamas



Snack



School



Free Play



Playdate



Playground



Video Games



Watch TV



Grandparents
House



iPad Time



Doctor



Computer



Dentist



Reading



Therapy



Trampoline



Cafe



Bike Ride



Shopping



Drawing/Craft



Beach



Lego



Swimming Pool



Church



Zoo



Park



Library



Pack Away



Cooking



Laundry



Vacuum



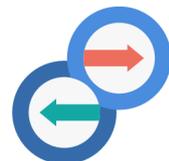
Feed Pet



Clean Room



Something
Different



Thank you!