Visual Schedule

Specially designed for AutismWish

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INTRODUCTION

This visual schedule has been created to help children understand the activities to be completed in a whole day. The schedule can help to reduce confusion and anxiety and also help the child in becoming more independent towards handling daily tasks.

Bonus: We have included a fun game to help children understand the first and next steps during a day time's routine!
# Daily routine (Checklist)

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Getting Up in the Morning</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Brushing Teeth</td>
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<tr>
<td>Getting Dressed</td>
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<td></td>
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<tr>
<td>Breakfast</td>
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</tbody>
</table>
Daily routine (Checklist)

Weekdays

School Activities

Lunch

School Activities

Back Home

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### Daily routine (Checklist)

<table>
<thead>
<tr>
<th>Activity</th>
<th>Pictures</th>
<th>Weekdays</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nap Time</td>
<td><img src="image1" alt="Nap Time Picture" /></td>
<td>Mon-Fri</td>
</tr>
<tr>
<td>Snack time</td>
<td><img src="image2" alt="Snack Time Picture" /></td>
<td>Mon-Fri</td>
</tr>
<tr>
<td>Play Time</td>
<td><img src="image3" alt="Play Time Picture" /></td>
<td>Mon-Fri</td>
</tr>
<tr>
<td>Clean Up Toys</td>
<td><img src="image4" alt="Clean Up Toys Picture" /></td>
<td>Mon-Fri</td>
</tr>
</tbody>
</table>

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Guideline

Laminate the visual schedule and ask the child to mark the activity off with a dry/erase marker as they complete it. For weekly progress tracking, the child can checkmark the weekday as well. This activity will help the child feel in control of their day and help them manage their feelings about transitioning throughout the day accordingly.

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If you want a resource for something specific, you can fill out our contact form and put in a request!
Maya has just started her day and is clueless on the steps she needs to take to complete her day. Can you help Maya follow the visual schedule routine in order and help her get a good night's sleep?
Help Maya get to her bed!

- Getting Up in the Morning
- Brushing Teeth
- Getting Dressed
- School Activities
- Breakfast
- Lunch
- Back Home
- School Activities
- Play Time
- Clean Up Toys
- Snack time
- Nap Time
- Sleep
- Brushing Teeth
- Dinner