



## OCCUPATIONAL THERAPY AND PHYSICAL THERAPY TEAM

Genesis Centre, Edmonton Catholic Schools

10537 – 44 Street, Edmonton, AB T6A 1W1

Phone: (780) 638-6810 Fax: (780) 638-6844

# Visual Schedules

## Why is it important?

Visual schedules help us stay organized. We all feel better knowing when things are occurring. In class, teachers will reference visual schedules to help kids understand what a day will look like. At home, this can also benefit children as it adds clear structure to the day.



### How to make a visual schedule?

Visual schedules can be simple to make:

- Draw pictures and simple words on paper
- Take pictures of activities around the house or find activity pictures from the internet.
- Use your iPad and the app "Pic Collage."

After putting together some simple words or pictures of activities, affix them in order to any surface (fridge, wall etc) using magnets, sticky tack or tape.

Talk about the schedule with your child.

### Tips for Making Your Own Schedule:

- Picture schedules help children understand expectations. For example, if you want to teach them to get dressed in winter gear by themselves, make a winter clothing picture schedule (see below).
- Picture schedules can work to teach your child the steps to almost any routine.
- If transitioning away from preferred activities are an issue:
  - Use a timer to help kids understand when an activity is completed
  - Give advance verbal warnings if necessary ("in 3 minutes...")
  - Have them help remove the activity from the schedule when it's done

### Important Considerations

- **Aim for balance.** Try to make sure kids aren't sitting for too long at once, and build in free time.
- **Include physical activity.** Go for a walk around the neighborhood! Go for a walk around the neighborhood and maintain a good Social Distance from others!
- **Free play is okay too!** Encourage kids to play on their own with toys and activities they can complete without assistance (e.g., blocks, puzzles, cars).





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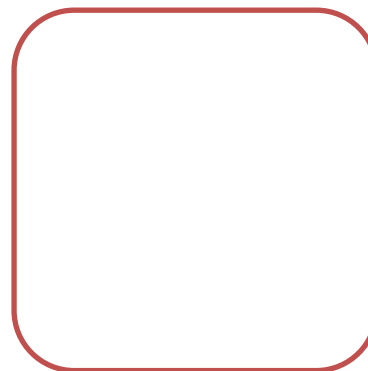
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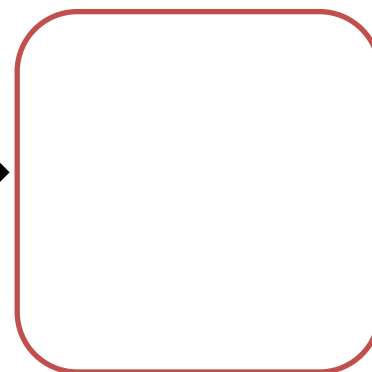
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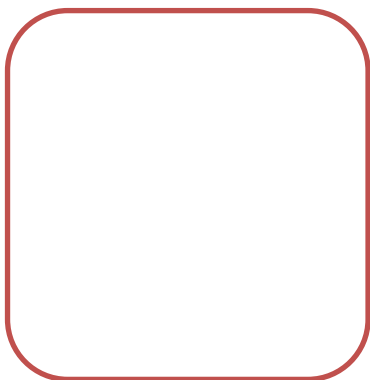
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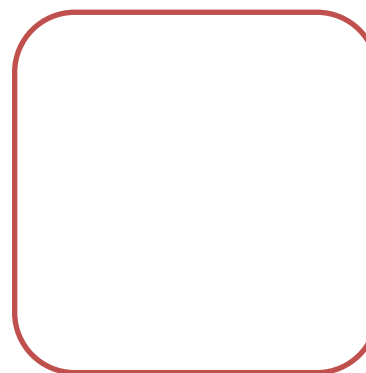
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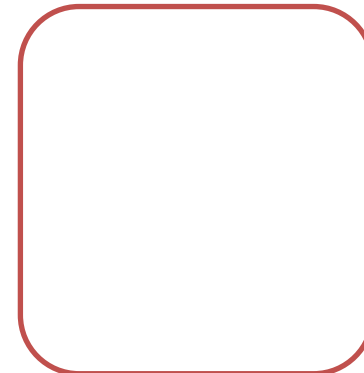
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### PICTURE STRIPS

**Instructions:** Print and cut out picture strips. Affix pictures using magnets or Velcro dots. You can laminate the picture strips or cover with packing tape to make them last longer.

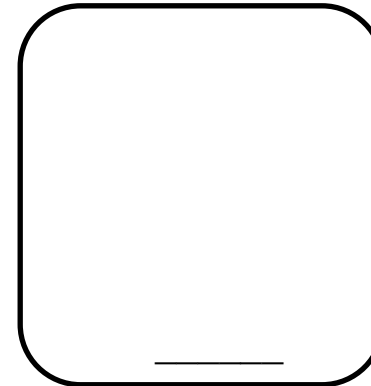
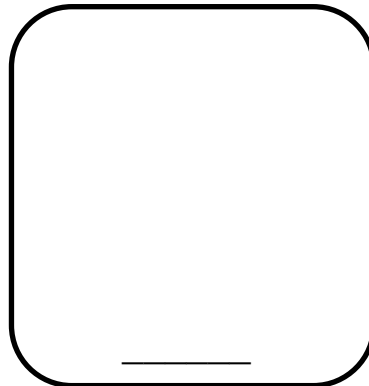
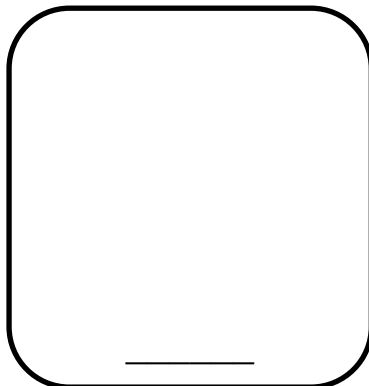
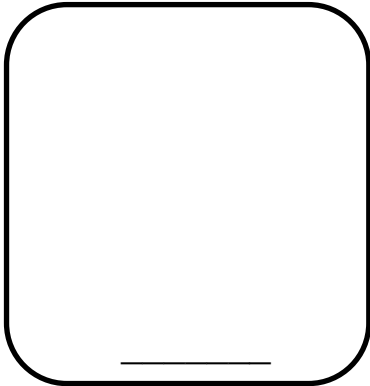
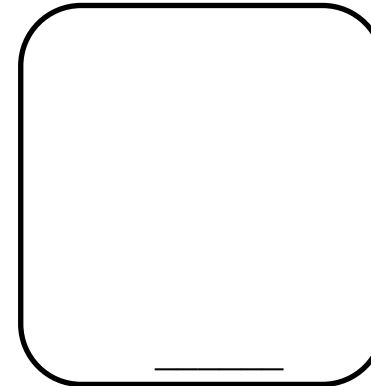
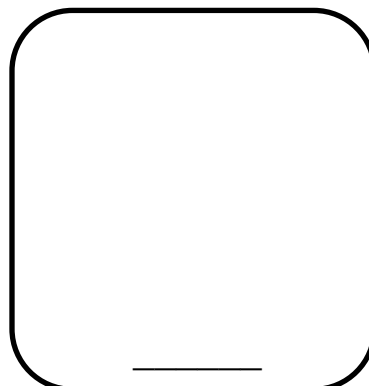
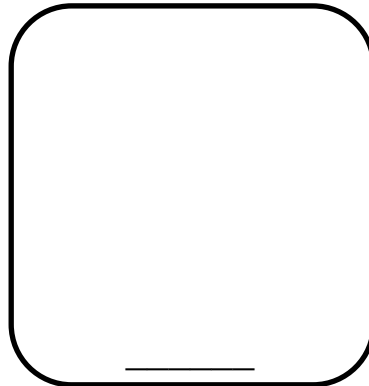
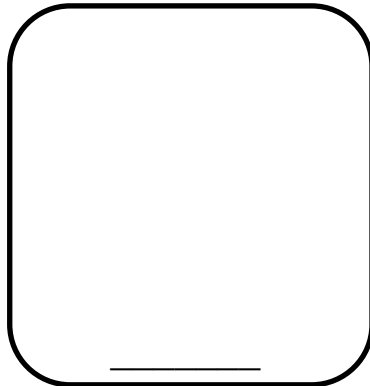
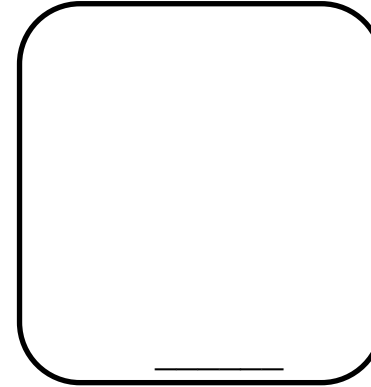
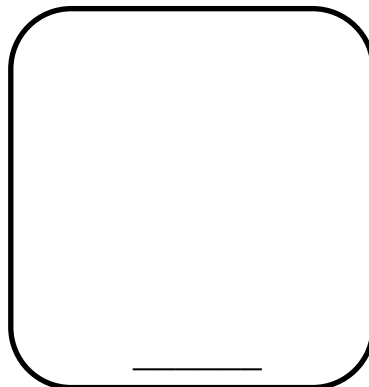
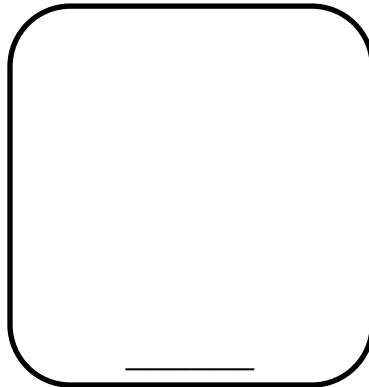


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### ACTIVITY PICTURES

**Instructions:** Add pictures of different activities for your child's schedule. Examples include *Get dressed, meal, drawing, music, books, letter/number practice, bath time, bed time* and any others you need.

Print and cut out pictures. Affix pictures to the schedule using magnets or Velcro dots. You can laminate the pictures or cover with packing tape to make them last longer.