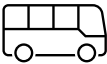
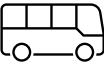
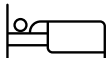


Morning Routine Get up	
Get dressed- animal walk to closet, jump, stretch	
Reward (tv with breakfast? Workout with parent?)	
Breakfast- look for the blue, this is where we eat today	
Walk to Bus- lunge walks, animal walks	

Afternoon Routine Walk from Bus home- jump, animal walks	
Snack- Look for blue, this is where you eat	
Reward (screen time 10 min. , dragon den with music)	
Homework/Quiet Time/Reading- look for orange, this is where you work	

Evening Routine Wash hands for dinner	
Set the table, bring food to the table	
Dinner time-where are we eating tonight? Look for Blue	
Reward (tv or game 15 min? Workout with parent?)	
Brush Teeth	
PLAN FOR TOMORROW	
Bedtime	

WHY WE USE A VISUAL SCHEDULE

- Increases communication because we can SEE what is coming and adjust, problem-solve, or role play
 - Increases focus because the break/reward is visible and kids see their progress and can cross things off
 - Decreases anxiety because kids see what is coming so we can help support areas of potential difficulty
 - Easy way to see where to build in sensory and movement into schedule
- Reminders for Success:**
- First thing to talk about is FUN! This is the motivator (dopamine)
 - Use colors for different activities and for rewards
 - Have the child help with the planning of this schedule
 - Talk about how the schedule went at the end of the day
 - Did they feel good? Anything need to change?
 - Did they use tools when they were struggling?
 - Don't forget to schedule exercise, doctor appts, time with friends
 - Plan for tomorrow with what you learned from today