

How to practice daily routines:

Pretend Play / Simulation



Scan for citations
and a related
Youtube video!

Toys- use a doll or stuffed animal and have your child wash, dress, and feed it to practice the order of the routine.

Race- make it a competition and ask your child if they can finish the routine before you finish yours.

Role reversal- have your child walk you through their routine so they have a sense of control

Task Breakdown and Visual Schedules

Morning Routine Chart

- Brush Teeth 
- Get Dressed 
- Eat Breakfast 
- Pack Backpack 
- Put on Shoes 
- Hug Family 

Out the Door!

Visual schedules break tasks into smaller steps, support independence, and reduce meltdowns caused by verbal instructions.

You can make a simple visual routine at home using short directions or easy drawings for your child to follow and check off.



Therapy...
AND A WHOLE LOT
MORE!

VISUAL SCHEDULE TEMPLATE

Routine

