

VISUAL SCHEDULES

How to Make One (Templates Included)

By [Rachel Marie – Learning and Behaviour Consultant](#)

You Have Two Choices



Plastic Page Protector

Great to use on a fridge

Can also hang on a wall

Easy to see by everyone

Best for smaller children and kids who struggle with attention and need more reminders



A Folder or Binder

Portable

Tidy, can be put away

Keeps everything together / organized (routines, projects, assignments etc. can all be kept inside)

Great for older children and independent learners

Your Shopping List

- Cardstock
- Stick on Velcro (dots, tabs or strips)
- dry erase markers
- packing tape / laminating sheets
- Page protectors or binder

All these items can be found at most dollar stores or office supply stores

Step 1 – Print All Pages



Print off all template / activity card pages (located at the end of this document)
Use cardstock which will make your schedule more durable

Step 2 – Laminate all the Activity Cards

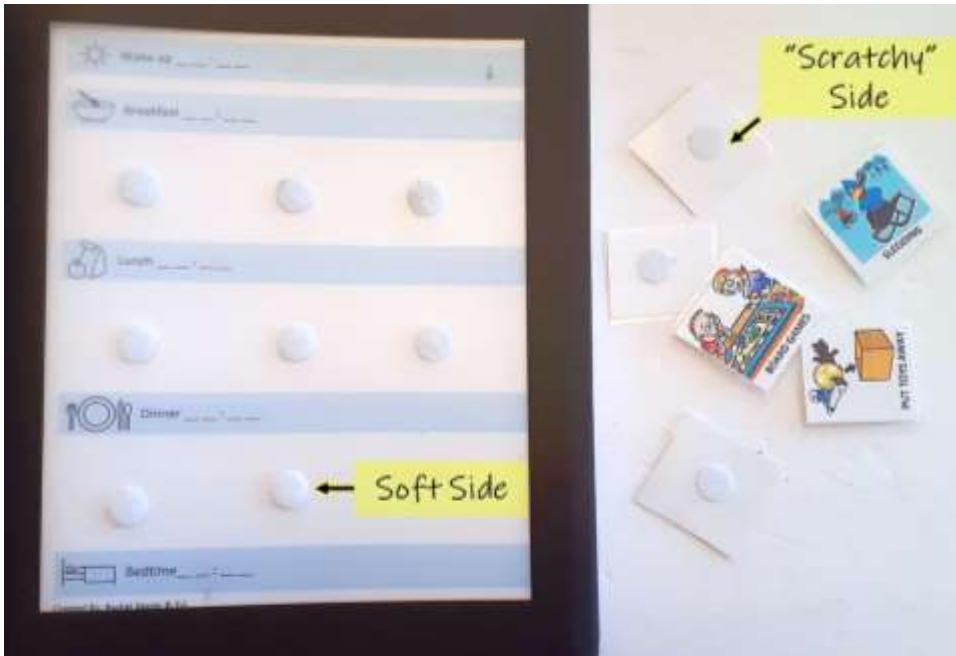
Laminating makes it so you can write on the cards themselves, and helps them last longer.
I recommend packing tape because all you need to do is:



If you want to get fancy, you can also use: “self-laminating” pages (found at office supply / dollar stores) or a laminating machine if you have one.

Step 3 – Apply Stick-on Velcro

Velcro helps the activity cards go on and off the schedule



Put the “scratchy” side on the back of the activity cards

Put the “soft” side on your schedule and activity tracker page

Step 4 – Store Your Activity Cards



Page Protector - keep them in the same sleeve



Folder – use a Ziplock bag inside

Step 5 – Check Out These Other Blogs



Hop on over to [Resource Page](#) and check out these blogs:

- [Visual Schedules: What They Are and Why They Work](#)
- [Visual Schedules: How to Use Them, Steps to Success](#)

These will both help you start using your schedule!

SCHOOL DAY



Wake up ___ : ___



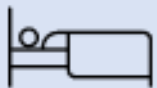
Breakfast ___ : ___



SCHOOL ___ : ___ - ___ : ___



Dinner ___ : ___



Bedtime ___ : ___

WEEKEND / HOLIDAY



Wake up ____ : ____



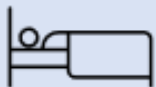
Breakfast ____ : ____



Lunch ____ : ____



Dinner ____ : ____



Bedtime ____ : ____

Activity Cards

Physical Activity



BIKE RIDE



DOG WALK



TRAMPOLINE



DANCE VIDEO



PLAYGROUND



SLEDDING



SCOOTER

Chores



SWEEP THE FLOOR



EMPTY DISHWASHER



FEED PET



DO LAUNDRY



PUT TOYS AWAY



VACUUM CARPET



TAKE GARBAGE BAG
TO OUTSIDE BIN

Quiet activities



READ A BOOK



ART



LISTEN TO MUSIC



PUZZLES



BUILD LEGO



PLAY INSTRUMENT



CRAFTS

Social Activities



BOARD GAMES



PLAY OUTSIDE
WITH FRIENDS



COOPERATIVE GAME



HELP SIBLING



EVENING LESSONS



GO OUT
WITH FAMILY



MOVIE NIGHT

Quiet activities



Social Activities



School Activities



WRITING



MATH



SCIENCE



SOCIAL STUDIES



ONLINE CLASS



WORK ON PROJECT



LEARNING VIDEO

Free Choice / Favourite Activities



VIDEO GAMES



SCREEN TIME

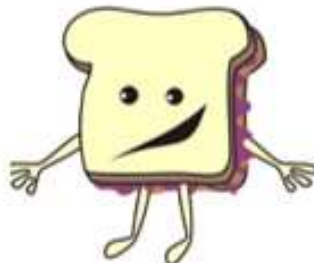


WATCH VIDEOS

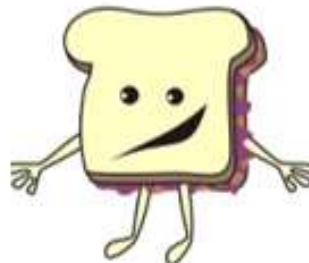
MISC



BATH



SNACK



SNACK



APPOINTMENT