



Using a Visual Timetable

A visual timetable is a series of pictures that illustrate a daily routine. Each activity has a separate picture. The pictures can be read from left to right or from top to bottom. You can break it down into morning or afternoon sessions.

You can use photographs, downloaded images or symbols on the schedule. You can use just words if a child can read.

You could put the timetable together with a child or simply show them what is on it. Keep it in an easy to see position. Point to and name each activity when it is time to do it. When the activity has finished, help a child to remove the picture from the timeline and point to what is next. You may say “dinner has finished, what’s next?” It may help if you have a “finished” box to put the pictures in as you go along. If a child seems to be a bit “lost” or won’t comply, try going back to the timeline and pointing to the picture again.

When a child is used to using the timeline, encourage them to be more independent and check it for themselves.

(Using the attached template the activities to do go on the green side and are moved to the red side once completed.)

