

Visual Timetables

At Quest we use visual timetables to support learners to understand the daily routine.



Visuals are helpful because:

- They are permanent (spoken words disappear)
- They allow time for language processing
- They prepare learners for transitions
- They help learners see what you mean
- They help learners build independence and become less reliant on adult support
- They can help reduce anxiety
- They are transferable between environments and people
- They can develop memory and recall skills
- They can support time management
- They can help communicate unexpected change

How to Use a Visual Timetable

- At the beginning of the day, attach each symbol onto the visual timetable board or wall with Velcro/ blue tac in the order that it will be happening throughout the day.
- When the child wakes up or comes back from school, take them over to the visual timetable to explain the activities that will be taking place.
- Once each activity has been completed, return to the visual timetable and take the finished activity symbol off the timetable and place it in the 'finished' box/ envelope.

Top tips for home

- Visual timetables grow with the child. They should be age and developmentally appropriate. Most adults use diaries and lists - I'd be very anxious (not to mention, totally lost) without them.
- It does not matter whether it is horizontal or vertical.
- Make a visual timetable using photos or picture symbols.
- Encourage the child/ young person to approach and look at the timetable. They will need support to use it at first.
- Be consistent in use of the timetable and refer to it at each point of transition.
- Use key words whilst pointing at the sequence of the session's activities i.e. coat off, outside, play, singing etc.
- Provide them with time at the beginning of the day to discuss the change in their routine and to answer questions they have. Add any important information discussed to the visual.



I have included some generic symbols that can be cut out and used to support your child at home with morning and evening routines.

If you require anything more personalised or specific, please contact me and I will be able to support you with additional symbols.

If you need support with printing or preparing symbols, please contact me.

Symbols can be customised to different skin tones/colours as required.

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breakfast



brush teeth



check key



put deodorant on



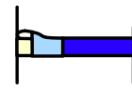
get dressed



taxi



bath



bed



get bag



wash face



shower



pyjamas on



put shoes on



brush hair



school



pickup



visit



family



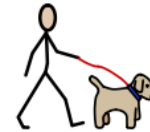
school



get clean underwear



TV



walk dog



put cream on



on



put clothes in wash



Park



snack



dinner



medication



lunch



Put sunscreen on



computer



swimming