

# VISUAL SCHEDULES

How to Make One (Templates Included)

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

*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

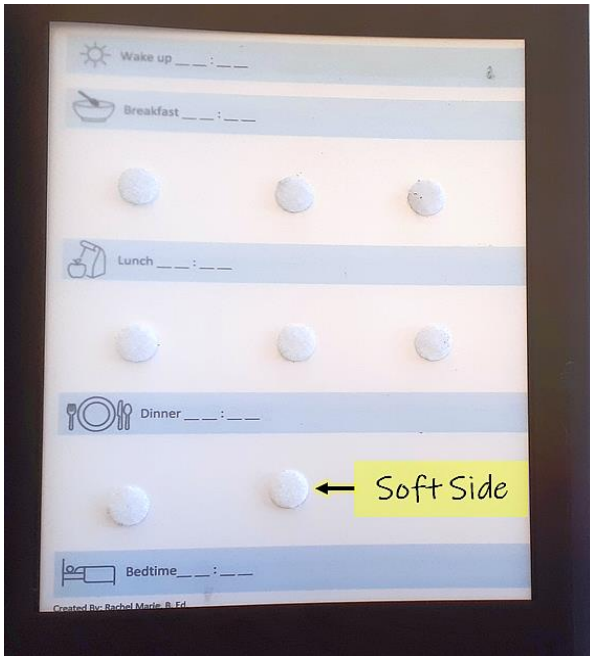
Laminating makes it so you can write on the cards themselves, and helps them last longer.  
I recommend packing tape because all you need to do is:



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

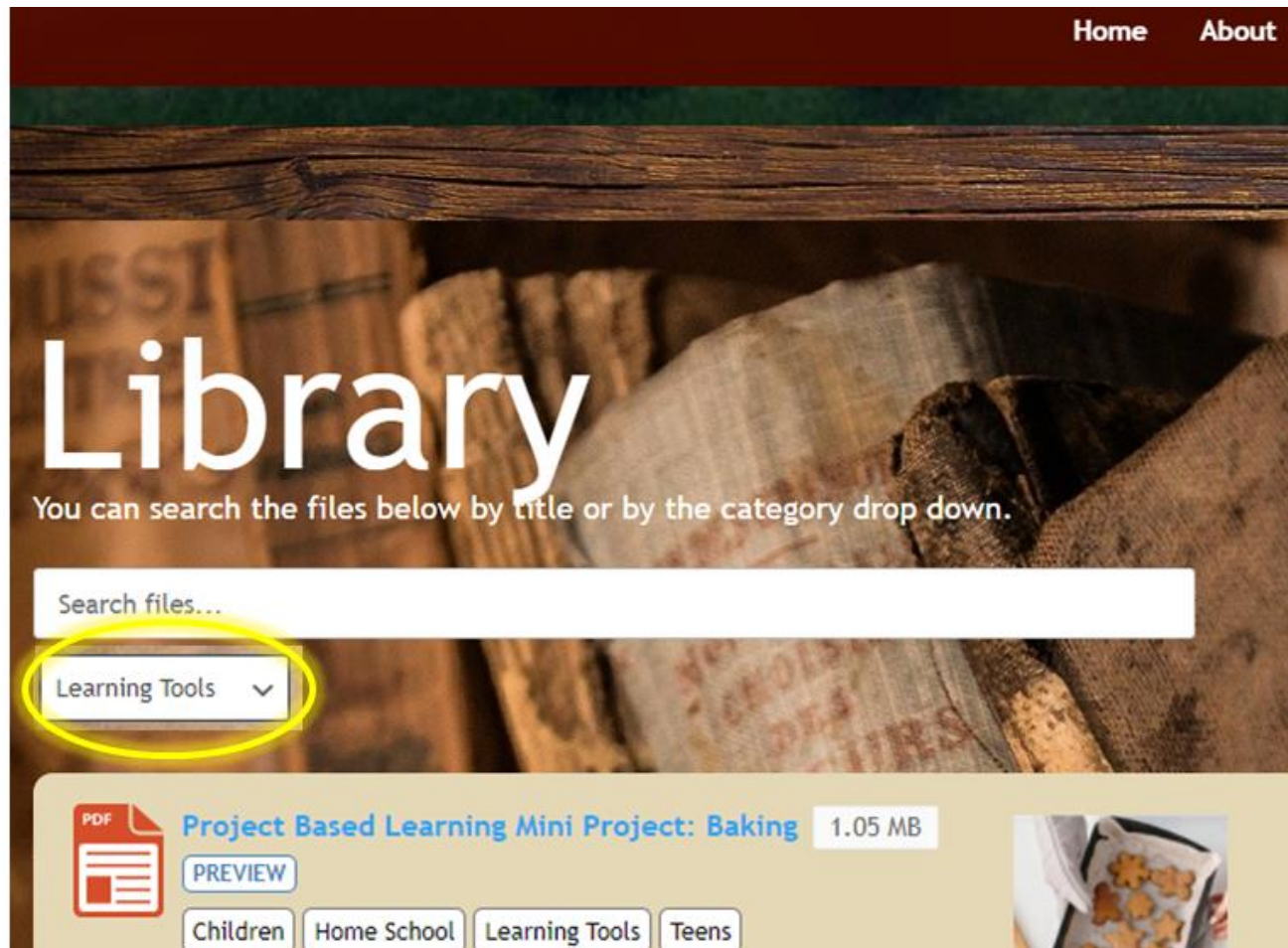
### Step 4 – Store Your Activity Cards



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 our [Library](#) 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 \_\_\_ : \_\_\_



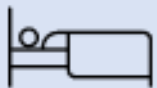
Breakfast \_\_\_ : \_\_\_



SCHOOL \_\_\_ : \_\_\_ - \_\_\_ : \_\_\_



Dinner \_\_\_ : \_\_\_



Bedtime \_\_\_ : \_\_\_

## WEEKEND / HOLIDAY



Wake up \_\_\_\_ : \_\_\_\_



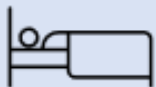
Breakfast \_\_\_\_ : \_\_\_\_



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



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MOVIE NIGHT

## School Activities



WRITING



MATH



SCIENCE



SOCIAL STUDIES



ONLINE CLASS



WORK ON PROJECT



LEARNING VIDEO

## Free Choice / Favourite Activities



VIDEO GAMES



SCREEN TIME

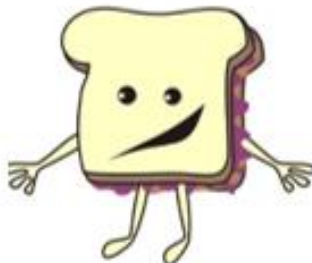


WATCH VIDEOS

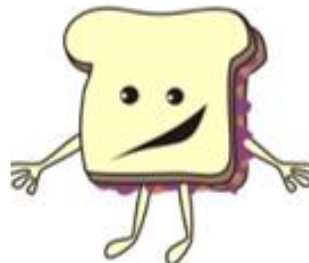
## MISC



BATH



SNACK



SNACK



APPOINTMENT