My Day

Point to each picture as it happens. Tick the circle when it is done.

MORNING


Wake up ○


Get dressed ○


Breakfast ○


Brush teeth ○


Shoes on ○

SCHOOL


School ○

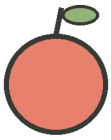

Work ○

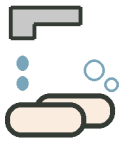

Lunch ○


Outside ○


Book ○

AFTERNOON


Snack ○


Wash hands ○


Work ○


Play ○


Clean up ○

BEDTIME


Bath ○


Pajamas ○


Brush teeth ○


Book ○



Bedtime ○

How to use it

1. Go through the day together in the morning: point and name each picture.
2. Before each change, point to the next picture: "Lunch is next."
3. When a step is done, tick the circle or cover the picture. Then show what is next.
4. Cut out cards from page 2 to swap in your own steps, or use page 3 for a vertical schedule.

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Visual Schedule Picture Cards

Cut on the dashed lines, laminate, and add a hook and loop dot to the back of each card.



Wake up



Get dressed



Breakfast



Brush teeth



Shoes on



Car ride



School



Work



Lunch



Outside



Book



Music



Snack



Wash hands



Play



Clean up



Blocks



Screen time



Bath



Pajamas



Bedtime



Bubbles



Change



All done

draw or write

draw or write

draw or write

draw or write

draw or write

draw or write

The ? card means something is different today.

Put it over the step that changes, tell the child what will happen instead, and practice it on good days first so a surprise is less of a shock.

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My Schedule

Top to bottom. When a step is done, move its card into the All done pocket.

1 card or write it: _____

2 card or write it: _____

3 card or write it: _____

4 card or write it: _____

5 card or write it: _____

6 card or write it: _____

ALL DONE



Pocket: cut out this panel, fold a strip of paper or use half an envelope, and tape the sides and bottom. Finished cards go inside.

Now and Next

NOW	NEXT
card	card

For short tasks or a child who is not ready for a full schedule yet.

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L&T

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Visual Schedule and Behavior Supports

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