

Visual Schedules for

DAILY ROUTINES

At Home

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Nighttime Routine

take a bath 	Place Velcro Here	<input type="checkbox"/>
pajamas on 	Place Velcro Here	<input type="checkbox"/>
brush teeth 	Place Velcro Here	<input type="checkbox"/>
story time 	Place Velcro Here	<input type="checkbox"/>
lights off 	Place Velcro Here	<input type="checkbox"/>
time to sleep 	Place Velcro Here	<input type="checkbox"/>

Instructions: Cut out visual schedule and laminate. Cut out checkmarks in to individual squares; laminate. Affix velcro coins, hook side, to visual schedule on "place velcro here" boxes. Affix velcro, loop side, to the back of checkmarks. Place a checkmark on each activity as it is completed.

Nighttime Routine: Open-Ended Picture Schedule

Schedule Template

Place Velcro Here	Place Velcro Here	<input type="checkbox"/>
Place Velcro Here	Place Velcro Here	<input type="checkbox"/>
Place Velcro Here	Place Velcro Here	<input type="checkbox"/>
Place Velcro Here	Place Velcro Here	<input type="checkbox"/>
Place Velcro Here	Place Velcro Here	<input type="checkbox"/>
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Instructions: Cut out Activity Pictures; laminate; affix Velcro (loop side) to back of each picture. Cut out Schedule Template; laminate; affix Velcro (hook side) on each square. Cut apart each checkmark box individually; laminate. Affix Velcro (hook side) to back of each. Arrange picture schedule in to desired order by placing Activity Pictures in left column, beginning with the first activity at the top. As the child completes each activity, place a checkmark beside it in the right-hand column.

Toileting

Toileting 		Toileting 	
pull down pants 	pull pants up 	pull down pants 	pull pants up
use bathroom 	flush 	use bathroom 	flush
get toilet paper 	wash hands 	get toilet paper 	wash hands
wipe 	dry hands 	wipe 	dry hands
get off toilet 	finished 	get off toilet 	finished

Taking A Bath

clothes off 	run water 	get in tub 	wash up
get out 	dry off 	pajamas on 	finished

clothes off 	run water 	get in tub 	wash up
get out 	dry off 	pajamas on 	finished

Taking a Bath

Morning Routine

wake up 	Place Velcro Here	✓
get dressed 	Place Velcro Here	✓
brush teeth 	Place Velcro Here	✓
brush hair 	Place Velcro Here	✓
eat breakfast 	Place Velcro Here	✓
use bathroom 	Place Velcro Here	✓
time to go 	Place Velcro Here	✓













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Morning Routine: Open-Ended Picture Schedule













Place Velcro Here	Place Velcro Here	✓
Place Velcro Here	Place Velcro Here	✓
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Getting Dressed

get out clothes 	get out clothes 
put on underwear 	put on underwear 
put on bottoms 	put on bottoms 
put on top 	put on top 
put on socks 	put on socks 
put on shoes 	put on shoes 

Brushing Teeth

get toothbrush 	put on toothpaste 	brush teeth 	rinse mouth 	dry face 	finished 
get toothbrush 	put on toothpaste 	brush teeth 	rinse mouth 	dry face 	finished 

Brushing Teeth

“Visual Schedules for Daily Routines at Home” are designed for use with children who require picture support to complete activities of daily living. Students on the Autism Spectrum and students who struggle with transitions often benefit from the use of visual schedules. These schedules may be provided to parents and caretakers to support students at home with...

- Getting dressed
- Taking a bath
- Brushing teeth
- Toileting
- Morning Routine
- Bedtime Routine

Each schedule includes a colored background and plain white background. Morning and Nighttime Routines include both fixed and open-ended schedules so that they can be adjusted depending on the individual needs of the child and family.

Toileting

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Toileting	
	
pull down pants	pull pants up
	
use bathroom	flush
	
get toilet paper	wash hands
	
wipe	dry hands
	
get off toilet	finished
	

Toileting	
	
pull down pants	pull pants up
	
use bathroom	flush
	
get toilet paper	wash hands
	
wipe	dry hands
	
get off toilet	finished
	

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Brushing Teeth

get toothbrush



put on toothpaste



brush teeth



rinse mouth



dry face



finished



get toothbrush



put on toothpaste



brush teeth



rinse mouth



dry face



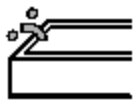
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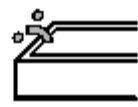







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Brushing Teeth

Taking A Bath

clothes off 	run water 	get in tub 	wash up 
get out 	dry off 	pajamas on 	finished 

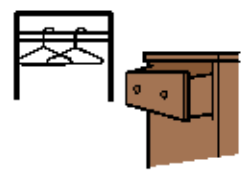
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Taking a Bath

Getting Dressed


get out clothes




put on underwear



put on bottoms



put on top



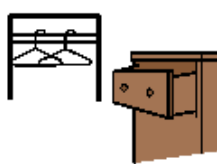
put on socks




put on shoes




get out clothes




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Nighttime Routine

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Nighttime Routine: Open-Ended Picture Schedule

Schedule Template

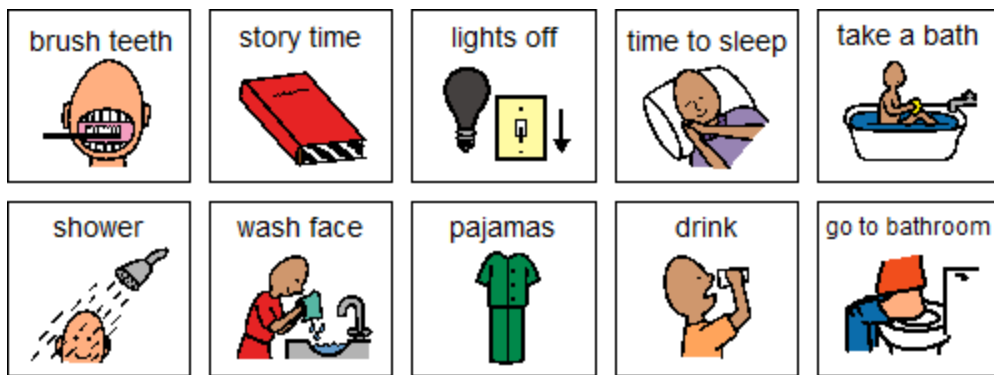
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Place Velcro Here	Place Velcro Here
Place Velcro Here	Place Velcro Here
Place Velcro Here	Place Velcro Here
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Place Velcro Here	Place Velcro Here
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✓
✓
✓
✓
✓
✓
✓

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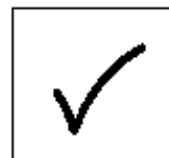
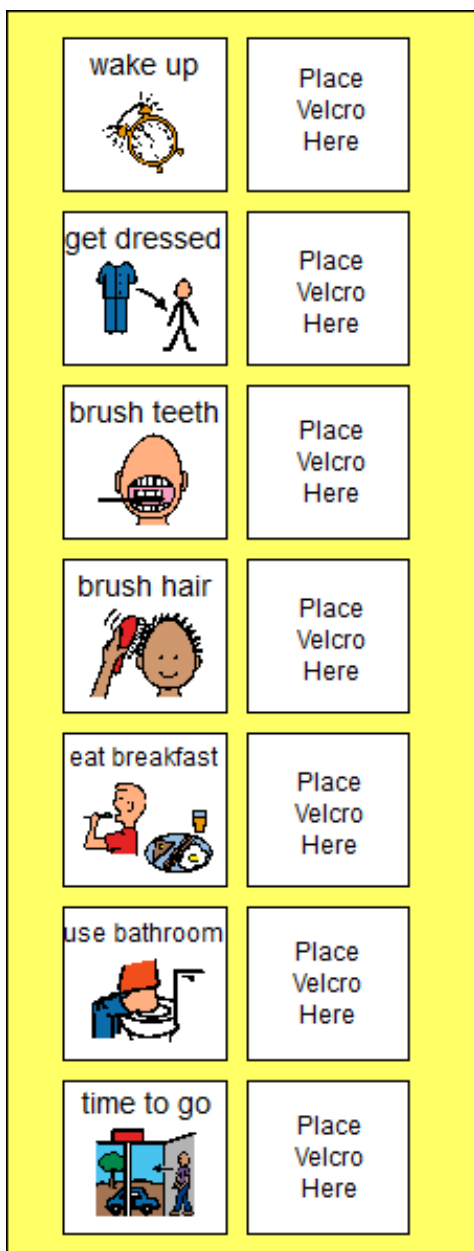
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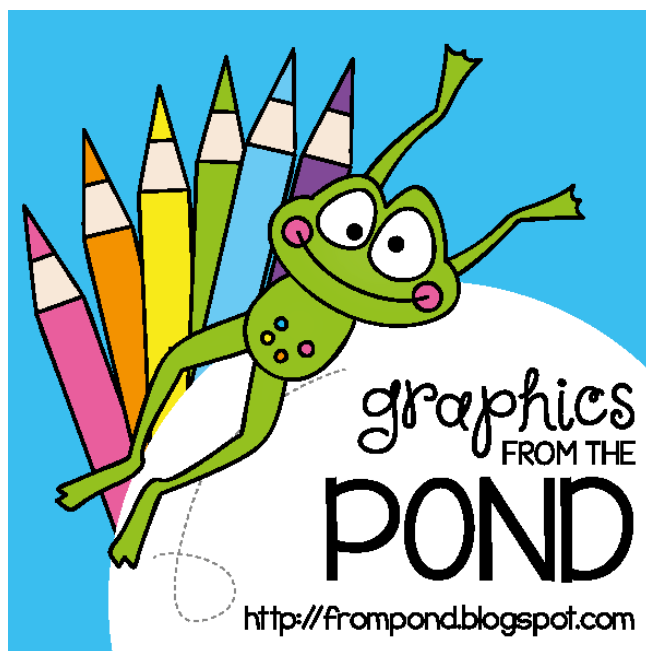
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