

5 Simple Steps to Start Using Your Visual Schedule



Start with the Morning or Afternoon Strip

Choose one routine to begin—either morning or afternoon. These are included in your pack and offer a great starting point.



Display It Where Your Child at First

Post the strip at eye level—in the kitchen, by the bedroom door, or on the fridge.

You can use tape, Velcro, or a clip board to make it easy to swap visuals in and out.



Use It With Your Child at First

“Let’s check our morning plan together.”

Use it as a calm anchor, not a rule list.



Practice Together, Then Build Independence

Invite your child to point to each step as it happens.

Over time, ask:

“What’s next on your schedule?” or

“Can you find our next step?”

Parenting a neurodivergent child isn’t easy—but you don’t have to do it alone. Questions? Reach out to katepowerscreates@gmail.com for encouragement, ideas, or connection.

Morning Routine

Instructions: Cut around the boxes and place in the correct order for your morning routine. In the blank box, draw something you do that is unique to your morning routine.



Wake up



Wash



Brush teeth



Eat breakfast



Make & pack lunch



Go to school



Say goodbye



Get dressed

Morning Routine

Paste below in order, the activities you do to get ready for school in the morning. Number each box.

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MY SCHEDULE

MORNING

AFTERNOON

Afternoon Routine

Instructions: Cut around the boxes and place in the correct order for your afternoon routine.



Homework



Reading



Playing



Goodnight



Brush teeth



Do jobs



Go to bed



Get dressed



Dinner

Afternoon Routine

Paste below in order, the activities you do in the afternoon. Number each box. Very useful when afternoon activities change daily. (sports, therapies etc.)

Disclaimer:

This material is provided for general support and informational purposes. It does not constitute medical, therapeutic, or individualized educational advice. Every child is unique, and what works for one may not work for another. Please consult your pediatrician, therapist, or educational team when making decisions specific to your child's care or learning plan.