

UNDERSTANDING ROUTINES: VISUAL TIMETABLES

Visual supports can be used for many children with social communication difficulties.

Why are they so useful?

- help children to understand a routine and the world around them
- children can be visual learners
- can be adapted
- can take them everywhere with you/used in most situations
- builds independence/raises self esteem

How do I make the visual timetable?

- Use one of the templates attached to make board
- Print pictures of everyday activities and/or objects used in an activity, e.g. ball, bubbles, sensory toy, spoon, jacket.
- Make sure it's personal – includes activities that the child likes. It will help make the timetable motivating. You could make the timetable in the shape of something the child likes, e.g. make it in the shape of a rocket.
- Be aware, however, that some children focus in on detail rather than the bigger picture i.e. a small patch of red on a much larger picture, so you may need to keep the timetable quite plain if this is the case for a child you are working with.
- Once you choose a visual representation e.g. pictures of real objects, line drawings or cartoon pictures – stick to this so that the child gets used to it.
- You can stick the pictures on to the board using Velcro or blutac (this makes them easy to change/remove).
- Your board can be vertical or horizontal – sometimes vertical is easier as this is then like a list.
- Make sure you laminates all pictures so they last longer!