

Breakfast



Time to play



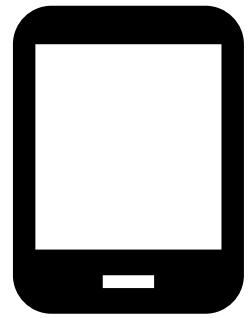
Reading



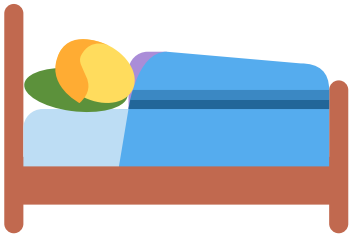
Learning



Outside



Tablet



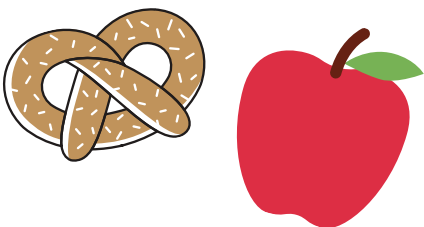
Sleep



Art



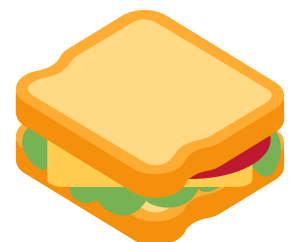
Clean up toys



Snack



TV time



Lunch



Dinner



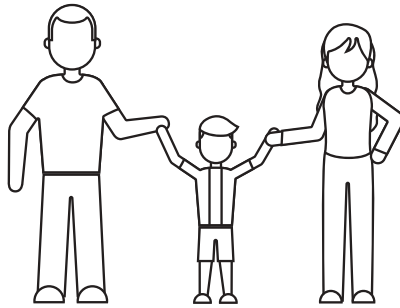
Sports



Ride my bike



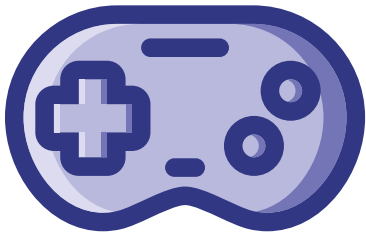
Quiet time



Family time

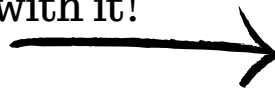


Game time



Video games

Here are a few empty boxes for your family to draw things that fit your daily routine. Have fun with it!



To make your visual schedule



1 - Print the picture box sheets

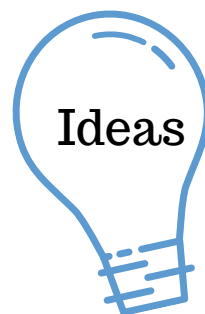
2 - If there is a part of your day that is not an existing option, you can draw it in an empty box

3 - Cut out the boxes

4 - Decide how you want to use them in your family

Use a large piece of paper and write "Today we will" at the top. Then tape the boxes in the order of your day from top to bottom or right to left. Pull off each activity as you finish it.

Find an old photo album and decorate the front cover. Slide the boxes in the picture sleeves in the order you will do them. Turn the pages as you go through your day.



Adults create the routine and show it to their children to set the tone for the day OR sit down together and lay out your day with a little help from everyone.

Lay the boxes on a table or counter in order of your day. Take away each activity as you finish and put in an "all done" bowl.