

# Visual Timetables

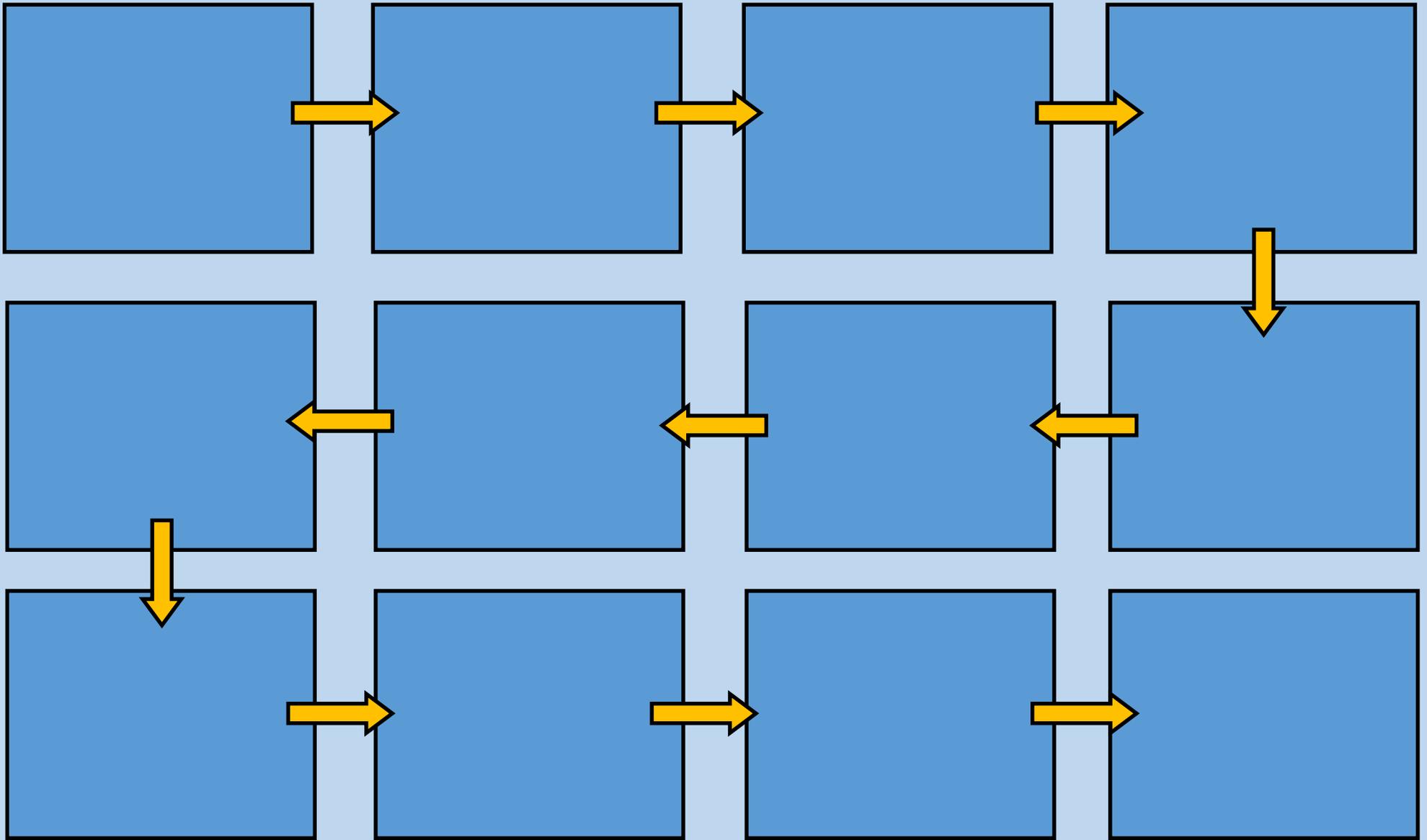
A visual timetable can help both children and parents to have a structure to their day. It is a good idea to involve your child/ren in planning their day using the timetable, agree the activities and how long each activity may last.

Once an activity has been carried out, you remove it from the timetable and place it back in the envelope.

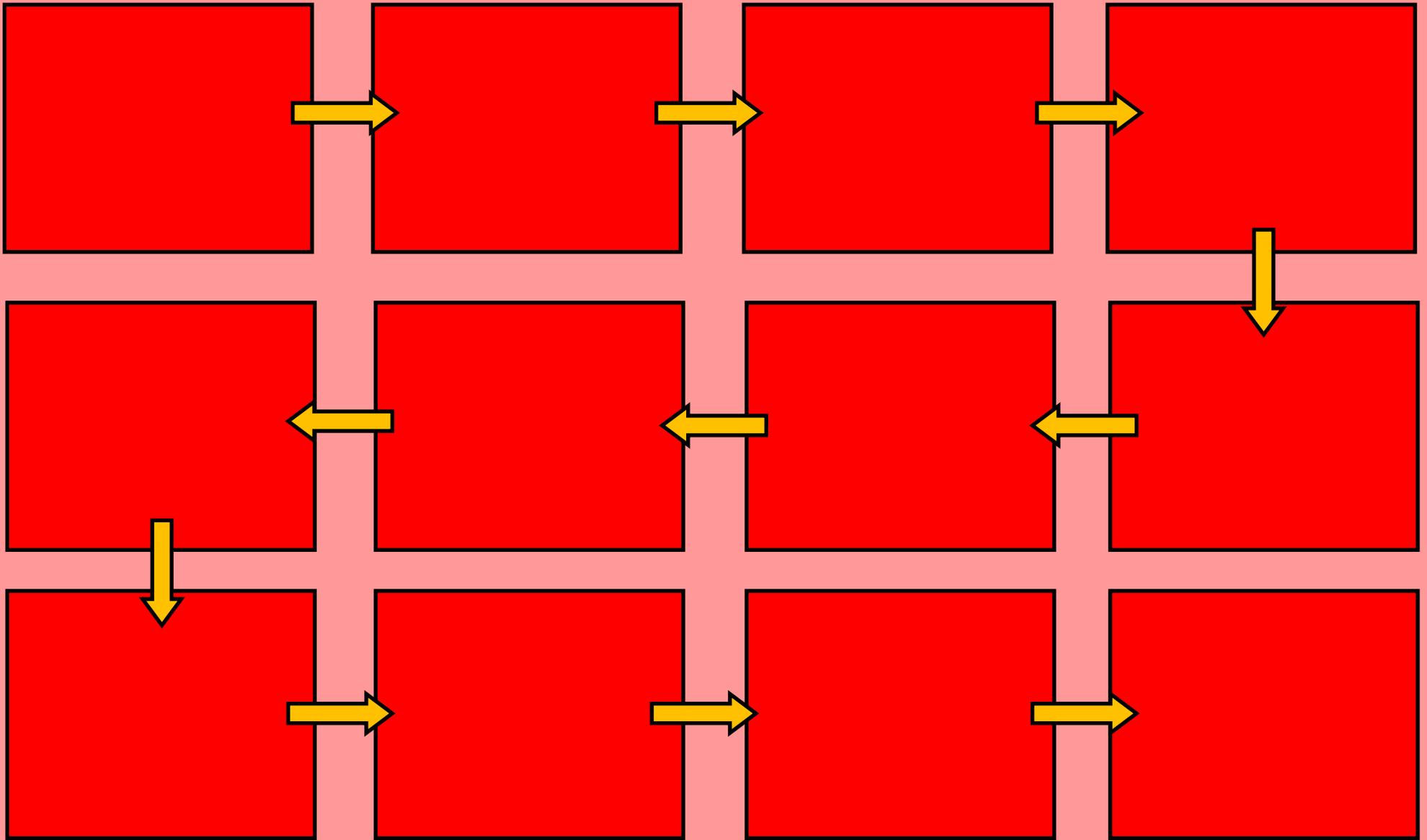
You can plan the whole day using the 'My Day' time table, or you can use the morning, afternoon and evening timetables to break the day down even further.

We have also included some blank cards in case you wanted to add some of your own activities.

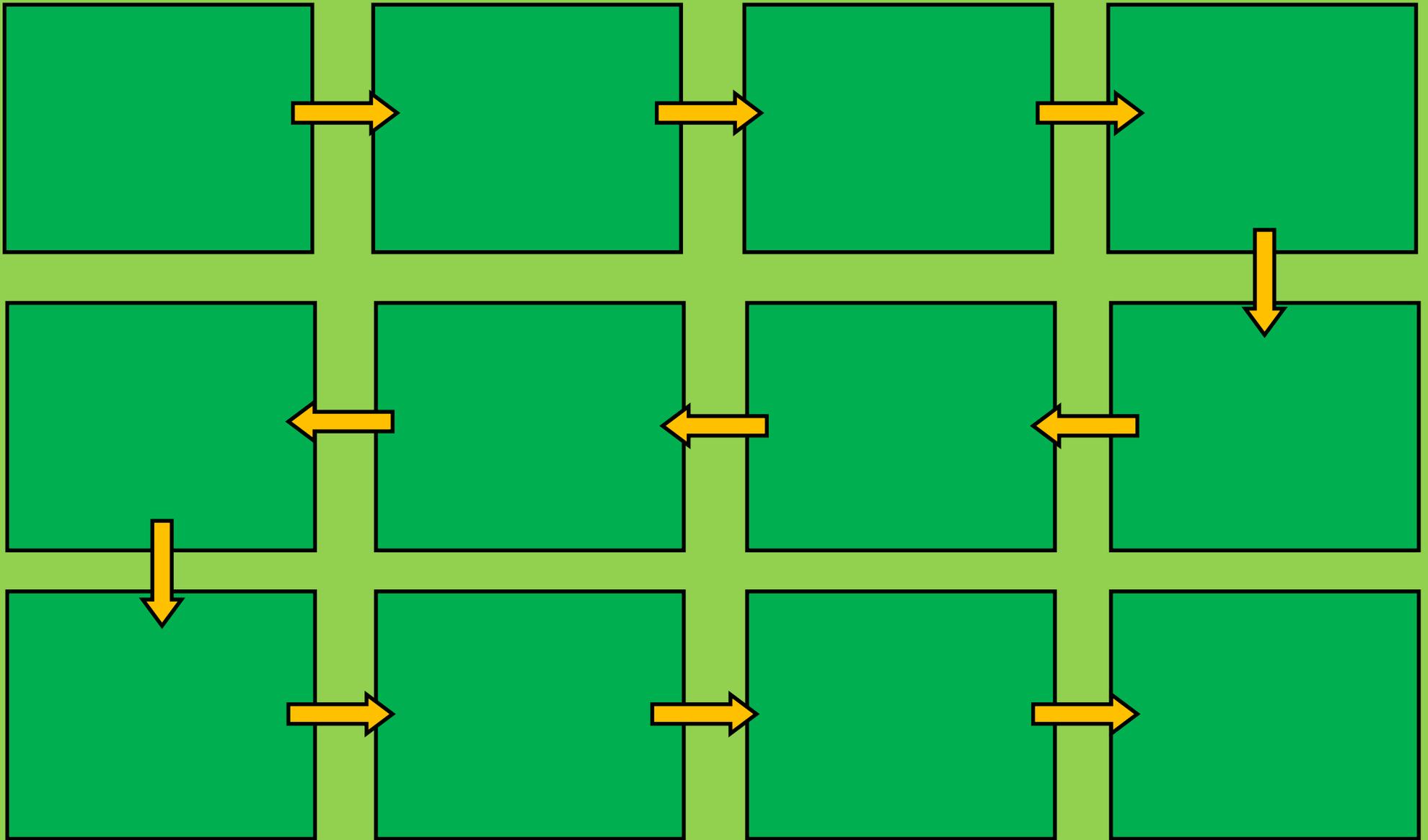
# My Day



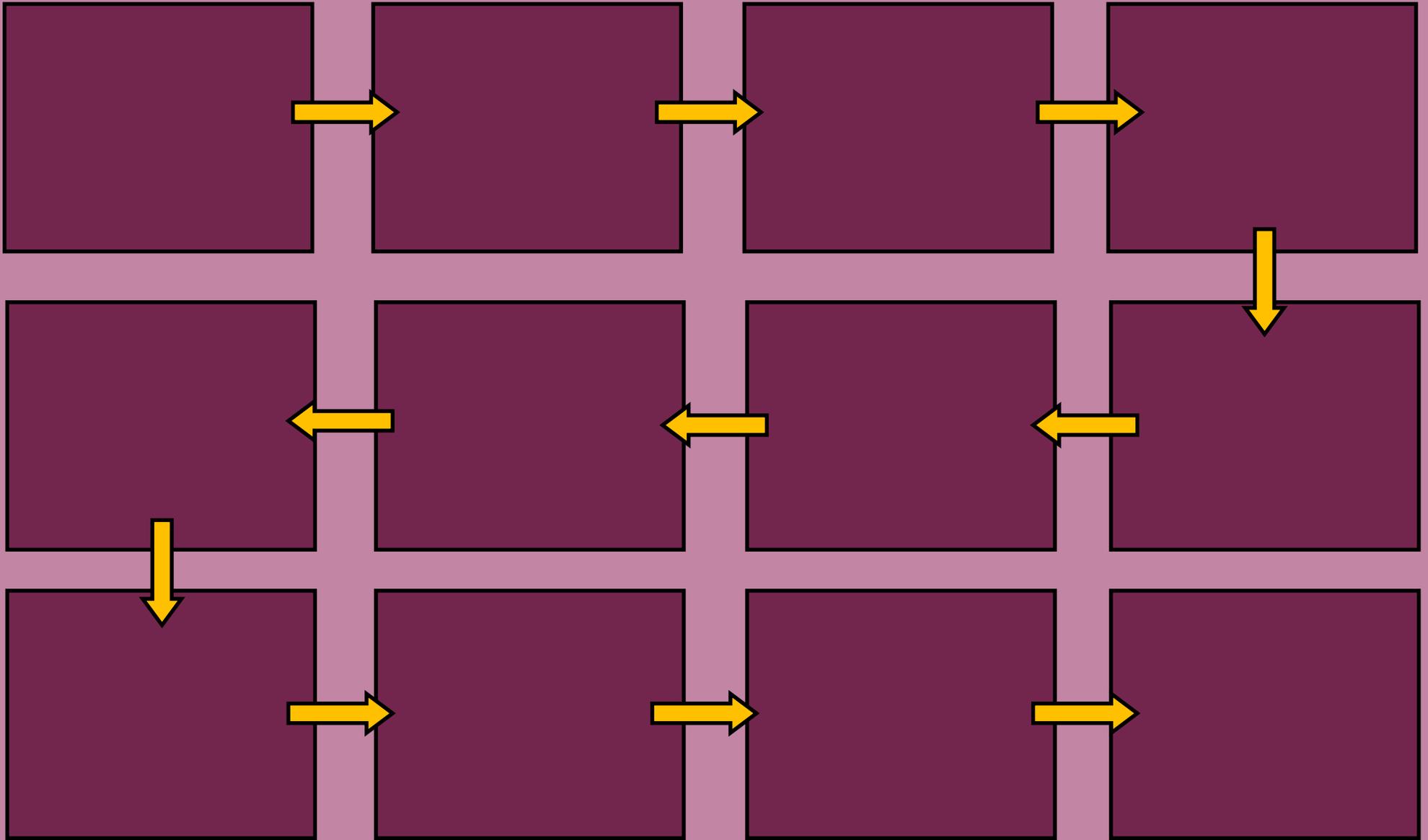
# My Morning



# My Afternoon



# My Evening





breakfast



brush teeth



wash



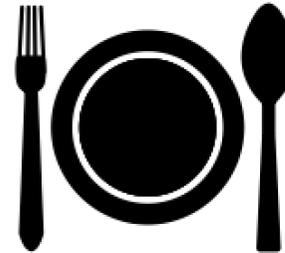
computer



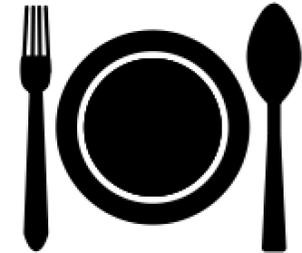
television



film



meal time



meal time



get dressed



homework



art/craft activity



walk



trip out



shopping



school



tablet



feed pets



shoes on



coat on



bedtime story



snack time



car journey



park



play in garden



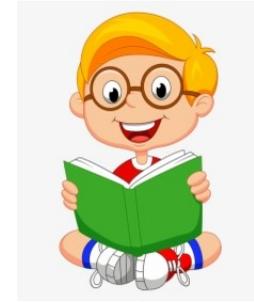
shower



bath



story time



reading



swimming



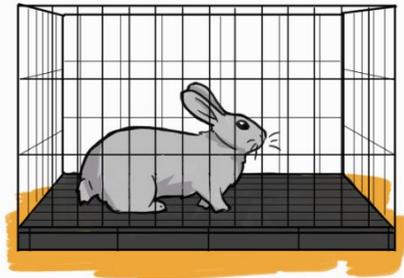
play with toys



club



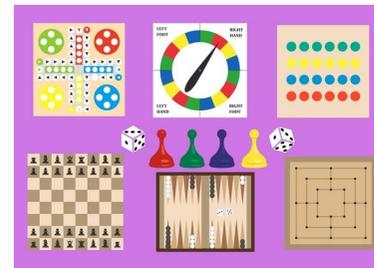
walk the dog



clean out pets



bedtime



board games



tidy up



surprise



get ready for bed



brush hair



visitors



chores



tidy bedroom



visiting family/friends