



**FIREFLY**

Healthy People. Resilient Families. Vibrant Communities

## Visual Schedules

### What are they?

We are living in a time where everyone needs to make new routines and schedules, and this can be a challenge. Visual schedules can help outline your day. This can help children know what to expect their day to look like and help ease the transition from one task or activity to another.

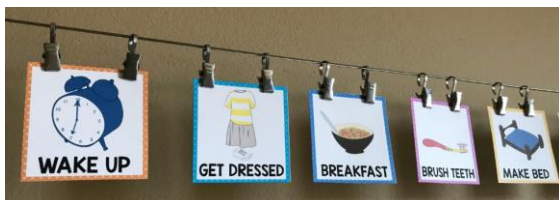
### How to use the visuals

In this resource you will find a variety of different visuals, as everybody's schedules can look different. Print off the visuals, cut them out, and arrange them in a way that works for you and your family.

#### Tips:

- Use magnets, clothespins or tape to arrange the visuals on your fridge, the wall, or a piece of paper.
- Make sure it is in a place everyone can see it.
- Having all of the visuals for the day up at once can be overwhelming. Consider breaking the day into parts. For example, put up a morning visual, afternoon visual, and an evening visual.
- Having your children help you put the visual together can get them involved with making routine.
- Review the items on the visual schedule with those using it.
- Provide warning that a transition is coming. For example, say, "your class is meeting in 5 minutes".

Here is an example of a visual schedule:



Check out google images or Pinterest for a variety of examples and free printable schedules if these images do not meet your needs.



# FIREFLY

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wake up



breakfast



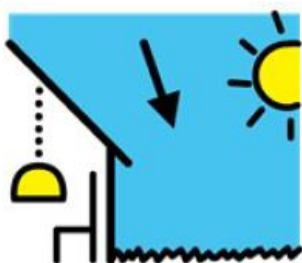
lunch



dinner



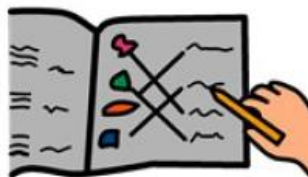
play



outside



walk



homework



TV



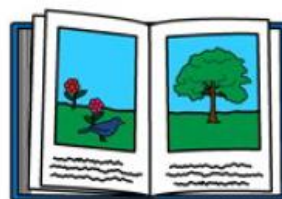
Tablet/ iPad



colouring



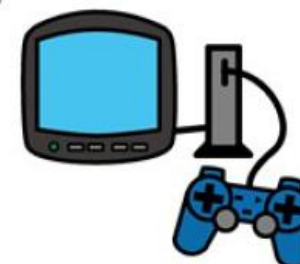
exercise



book



school time



video game



# FIREFLY

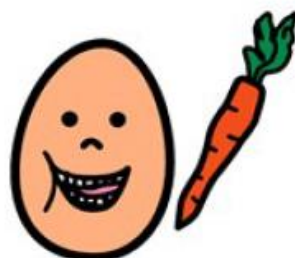
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bed time



bed time story



snack



clean up



chores



math



English



science



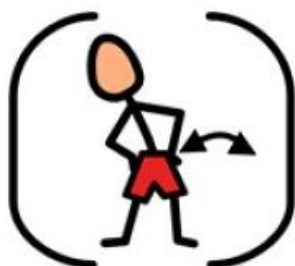
social studies



music



art



PE



break

