



# Visual Timetables

A visual timetable is a chart which has pictures of activities that happen during each day. They can be useful for children with difficulties with attention and listening, understanding or with children that find it difficult to complete or participate in particular activities. Timetables help children to understand what is going to happen and when, and show when something is finished.

## How to make a Visual Timetable

1. Think about the length of time you want to show activities for. It could be an hour, morning, afternoon, day or a week. For younger children, should start with a short amount of time and gradually build up.
2. Make a chart with spaces to stick pictures for activities. Laminate the chart and put Velcro in the spaces if you have it. Your timetable could be vertical or horizontal. You may want to make it clear with colours, such as a green square at the top for the activity that is happening first.
3. Make a list of things that happen regularly during the time, such as :
  - Bath, mealtimes, activities e.g. sand pit, T.V. shopping, outside, bed time
3. Make picture cards of these activities. You can use photos or symbols depending on the child's level of understanding. Laminate each one and put Velcro or blue tack on the back. Store the pictures together.
4. If the pictures represent an activity which happens at a particular place, it might be helpful to have a copy of the picture stuck on that area. E.g. the picture for sand stuck on the sand pit.



## How to use a Visual Timetable



1. Have the timetable stuck up somewhere the child will be able to see it
2. Stick the activities that are going to happen onto the timetable. Go through it with the child, pointing to each one and saying the word.
3. Take the child to the first activity or complete the event.
4. When the activity is finished take the picture off the visual timetable with the child. You may want to create an envelope or red finished "pouch" to post the picture into. This will help them know that the activity is finished.
5. Move the rest of the activities up or along the timetable so that you can see what is next and take the child to the next activity.