

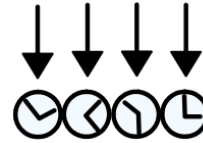
Schedules and Routines

What / Why

Schedules and routines are important as they:

- Provide consistency .
- Provide a clear sequenced structure.
- Support confidence building.
- Allows for children to know what is expected of them.
- Support time management.
- Provide children with a sense of security and stability.
- Support the development of a good lifestyle.
- Set out clear goals and aspirations.

How








We can use strategies to:

- Build a clear sequence of events for individual tasks.
- Plan future events as a timeline of days, weeks, months or years.
- Break larger tasks into smaller more understandable chunks.
- Provide clear, precise and understandable instructions.
- Encourage independence.
- Personalise daily routine to suit the needs of individual children.
- Support emotional regulation with the knowledge of what is happening now, next and later.




Resources



-  [Daily Schedules](#)
-  [Task Planners](#)
-  [Reward Chart Planner](#)
-  [Now and Next](#)
-  [Independent Dressing Routine](#)

Web links

Learn more online here

-  [Lots of free routine charts!](#)
-  [Visual schedules explained](#)
-  [Visual routine cards](#)



Challenge:

[Make your own flip chart! You could even draw the symbols or take personalised photos.](#)

















Structure and Routine

At school we spend a lot of time making sure your child understands the structure and routine of the school day. Your child already has their own daily routine for weekends and holidays.

With the current changes and the new expectation that learning should happen at home, this home routine has suddenly changed. Your child may have difficulty adapting to this change. A daily visual schedule can help.

On your visual schedule you can sequence all the key activities in your child's day and add times for homework. It is helpful if homework happens at the same predictable time each day so a routine is established.

My Visual Timetable

	 get up	 lunch
	 go to bed	 dinner
	 brush teeth	 video call
	 bath	 snack
	 shower	 walk outside
	 get dressed	 exercise
	 get in pyjamas	 homework
	 breakfast	 TV




















Daily Schedules

Daily schedules help to sequence events and they support understanding of what is now, next and later.

Structure and routine that is used consistently can benefit a child's mental health and emotional wellbeing.

Planning what will happen during each day helps to reduce anxiety and supports understanding of triggers through the 'I feel' colour indicators.

Today is: _____		AM	PM
		AM	PM
 9:00	 Breakfast	I feel?	
 10:00			
 11:00	 Break		
 12:00			
 1:00	 Lunch		
 2:00			
 3:00			
 4:00			
 5:00	 Dinner		
 6:00			
 7:00			
 8:00	 Bed time		

Day Planner: _____		AM	PM
		AM	PM
9am	Breakfast		
10am			
11am	Break		
12pm			
1pm	Lunch		
2pm			
3pm			
4pm			
5pm	Dinner		
6pm			
7pm			
8pm			
9pm	Bed time		


















Task Planner

Task Planners are a great way to break an activity down into smaller, more manageable pieces of information.

They support our memory and enable an increased level of independence.

You can use this style of task planner for any goal that needs to be completed step by step.

  Make a Sandwich		 Done?
1 1	   bread butter cheese	
2 2	  plate knife	
3 3	 spread butter	
4 4	  slice cheese	
5 5	 add cheese and bread	
6 6	  cut in half	

Task Planner		 Done?
1		
2		
3		
4		
5		
6		















































Getting Dressed

Getting dressed can be a daunting experience. There are many steps which need to be completed in the correct order.

This guide supports the necessary sequence when getting dressed each morning.

When each step is completed they can be ticked as 'done' which develops the sense of achievement and pride.






































Step	    My morning dressing routine	 Done?
1	    _____ will take off _____ sleeping clothes.	
2	     _____ will choose clean socks and pants to wear.	
3	     _____ will put _____ clean socks and pants on.	
4	     _____ will choose a clean T-shirt, trousers and jumper to put on.	
5	    _____ will put on _____ clean T-shirt on.	
6	    Next, _____ will put on _____ trousers.	
7	    _____ will put _____ jumper on last.	
8	     _____ will put on _____ shoes and tie the laces.	
9	   Now _____ is fully dressed.	



Reward Chart Planner

Combining a task planner and reward chart can be a containing resources for children who need support to understand why their choices lead to particular consequences, whether good or bad.

This reward chart planner records behaviours for every day of the week as well as during particular tasks. This enables the adult and child to build a picture of what went well and what can be better next time.

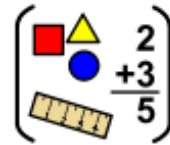
   My daily tasks and reward chart					
 Day	 Task 1	 Task 2	 Task 3	   My learning and behaviour was...	   My reward for Gold
				   Gold Silver or Bronze?	   E.g. 15 minutes iPad time
				   Gold Silver or Bronze?	
				   Gold Silver or Bronze?	
				   Gold Silver or Bronze?	
				   Gold Silver or Bronze?	
				   Gold Silver or Bronze?	
				   Gold Silver or Bronze?	



Now / Next Board

When it is time to work, a now / next board can be very helpful. On the now side of the board you place the symbol indicating the work to be done and on the next side, you put a symbol for a highly motivating activity which will follow as soon as work is finished.

The next activities will be personal and are likely to reflect your child's interests. These activities should not be freely available at other times of the day. You can take photos of these activities to use as symbols. Your child can help you choose the reward activities you use.



maths



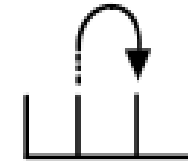
Topic



reading



Now



next












Bedtime Routine








A good bedtime routine is important for our overall health as our bodies sleep at night to recover from the tasks that day and get ready for tomorrow.








Less screen time on iPads, Computers and Laptops before bedtime supports our brain to relax and start to switch to sleep mode.









This social story should be read every night when beginning your bedtime routine. This then becomes a part of this process and supports a smooth transition from rewards to sleeping.




  
My bedtime routine






     
I like routines. Routines help me to know what is now and what is next.




      
My bedtime routine is important so I can sleep well.





      
I need sleep to help me learn and show good behaviour every day.









       
I will give my phone to my mum at 5pm. I can start to relax.







  
At 7pm I will go to the toilet, brush my teeth.

    
At 7.30pm I will get into my bed so I can go to sleep.

  
I will close my eyes, relax and start to sleep.

   
I will sleep all night and get up at 7am.

       
When I wake up I can get a drink and my breakfast. I can start my morning routine.

     
I feel green when I follow my bed time routine.

