



Daily Visual Schedule

A visual schedule helps children with autism and ADHD understand what's coming next, feel more in control, and transition between activities with less stress.



How to Use Your Visual Schedule

1. Print & Prepare

Print, cut icons, and attach with Velcro/tape.

2. Build Together

Let your child place icons. Keep 3-4 steps.

3. Use Daily

Show at the start. Child moves or checks off steps.

4. Encourage

Praise progress and prompt with "What's next?"

5. Adjust

Swap icons for changes. Shorten if overwhelming.



GET UP



HAVE BREAKFAST



BRUSH MY TEETH



GET DRESSED



PACK MY BAG



GO TO SCHOOL



HAVE LUNCH



DO MY HOMEWORK



PLAY WITH FRIENDS



RIDE A BIKE



HAVE A SHOWER



GO TO BED

Schedule



Done

