



Visual Schedules

What:

- Visual schedules are a form of communicating when events/activities will take place and what will come next, in a clear and concrete manner.

Why:

- A visual schedule sequences activities for a certain period of time. It assists an individual with predicting and planning, which in turn can help to decrease challenging behaviours and anxiety. Many students with ASD are visual learners. They understand and remember information better when they see and hear rather than just hearing the information.

How:

- Visual schedules can be horizontal or vertical.
- Visual schedules should be durable, flexible, visually clear and appropriate to the age and skill level of the student.
- Words, photographs, magazine pictures, line drawings, commercially made icons, miniature objects (check out fridge magnets) or simple drawings can be used.
- Digital images are particularly useful when creating visual schedules. Images of the student participating in the activity or event present a very clear visual.
- To preserve the images, laminate and then attach Velcro to the back. A schedule should not be fixed as they change. The Velcro allows pictures to be moved as needed.
- Attach the corresponding Velcro to the schedule template.
- Attach a library card pocket or an envelope to place the images once the images are removed.

When:

- Teach the student to match the visual with the event or activity
- The student can remove the visual once the event, task or activity is complete and place in the envelope or pocket to indicate finished.