



Visual Schedule Template

Because knowing what's next helps everyone feel safer, calmer, and more in control



How to Use It

- Break the day into clear, manageable chunks
- Use icons, drawings, or stickers to represent each activity
- Include transitions, breaks, and sensory-friendly options
- Laminate or use Velcro for reusable pieces
- Keep it visible and review it together each morning



Sample Layout

Time	Activity	Visual Cue	Notes / Support Needed
7:00 AM	Wake Up	☀️ Bed icon	Gentle music, soft lighting
7:30 AM	Breakfast	🍲 Bowl icon	Preferred foods, quiet space
8:00 AM	Get Dressed	👕 Shirt icon	Choice board, sensory-friendly clothes
8:30 AM	School / Learning	🎒 Backpack icon	Backpack check, transition warning
12:00 PM	Lunch	🍏 Apple icon	Familiar seating, visual menu
1:00 PM	Quiet Time	🧘 Calm icon	Fidget tools, soft blanket
2:00 PM	Play / Activity	🎨 Paint icon	Choice of 2–3 options
4:00 PM	Snack	🍪 Cookie icon	Visual timer for transitions
5:00 PM	Screen Time	📺 TV icon	Timer set, headphones optional
6:00 PM	Dinner	🍽️ Plate icon	Family-style or solo option
7:00 PM	Bath / Hygiene	🛁 Tub icon	Visual checklist, calming scents
8:00 PM	Bedtime Routine	🌙 Moon icon	Story, cuddle, lights dimmed



Printable Ideas to Pair With This Template

- "Daily Visual Schedule" board with movable icons
- "Activity Icon Set" (morning, school, play, rest, etc.)
- "Transition Cue Cards" ("5 minutes left," "Next up...")
- "My Calm Choices" scroll for sensory breaks
- "Weekly Planner" with color-coded days

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