

Daily visual routine

Having a clear routine can help your child understand what to expect during the day and be more patient and understanding. Time is a very abstract concept and children can get very overwhelmed and worried about not knowing when things will end, when mammy will be back, when they are going to do something they really want (or if they will at all), etc. Having a visual daily schedule works really well to help them understand the sequence of activities throughout the day and to be prepared for the end of the current activity and the beginning of the next one.

1. Print out these images

2. Laminate them

3. Cut them out

4. Use bluetack or sticky velcro to stick them on the wall in the order that they will happen

5. Turn it into a bed time activity: create it together with your child and let them pick some activities whenever possible

6. Let the child make decisions for example "would you like to clean up before or after dinner"



Discovery Playtime
learning through play



wake up



get dressed



breakfast



school



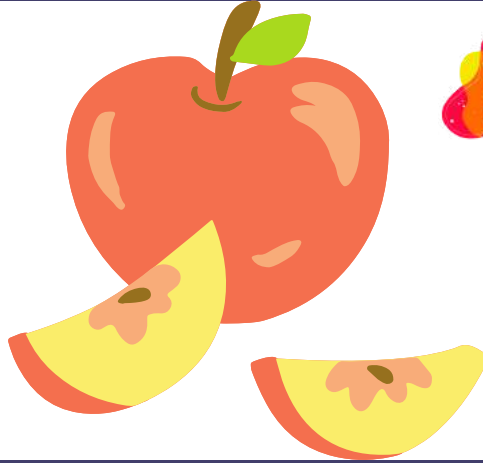
lunch



dinner



clean up



snack



shower



playground



play with mum



play with dad



grandparents



birthday



swimming



football



martial arts



drama



dance



shopping



read



homework



tv



art