



William Murdoch Primary School



Visual Timetable

A visual timetable shows the structure of a day using pictures and symbols. Visual timetables are used in all classes in school so children will be familiar with this concept. The timetable helps reduce anxiety and stress and allows children to organise themselves. For many children not knowing what will happen throughout the day can add to anxiety and during these times we want to limit that as much as possible.

HOW DO YOU USE IT:

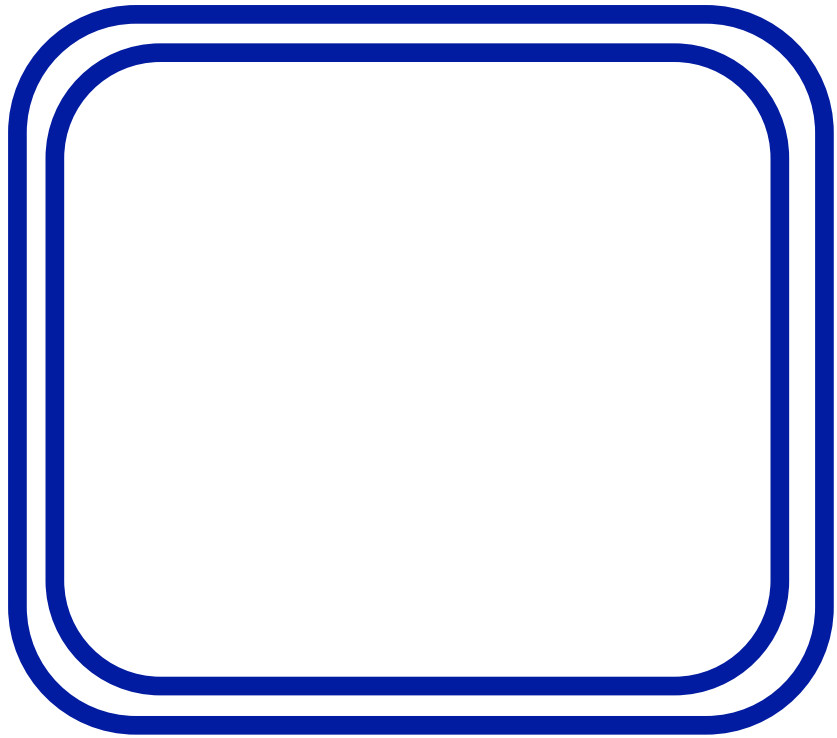
The visual timetable used in its simplest form is when an adult decides the structure of the day and shares this with the child. This is then displayed for the child to refer to whenever they need to. However, for some children they need choice and options and therefore you may decide to select the activities and the child can place them in the order they wish to complete them. For some children, a visual timetable for the whole day can be overwhelming so you can split this into smaller chunks, such as morning and afternoon. Some children may need this broken down further and therefore you will only share 2 or three activities at a time (now, next and then).

Encourage the children to use the visual timetable and become independent at looking at what to do next.

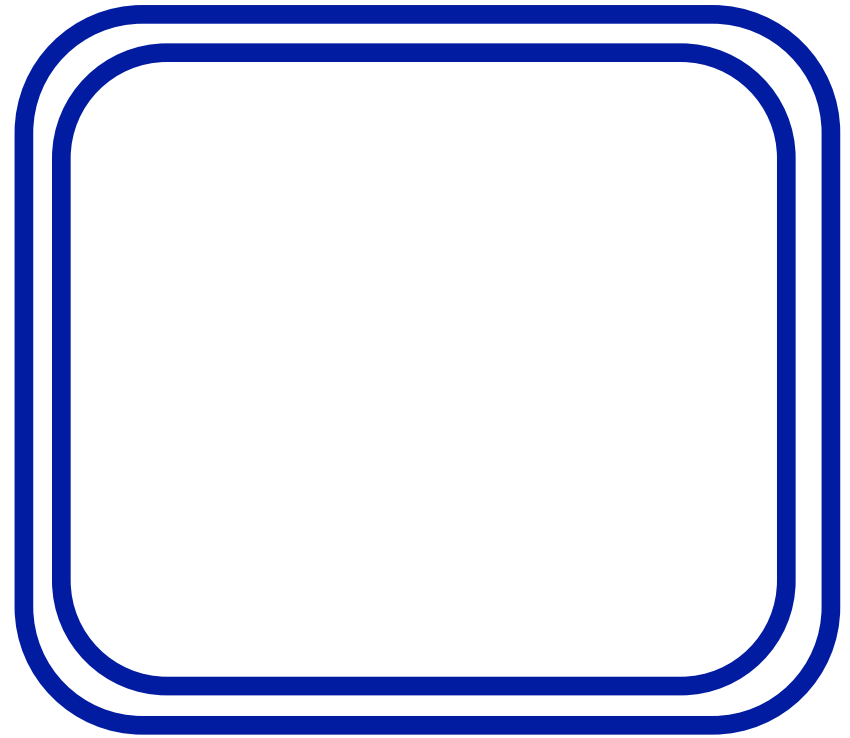
Below are symbols and picture for you to use for your visual timetables and also now and next frames for children that require the visual timetable to broken down further.

My Timetable

Now



Next



My Timetable

Now

Next

Then

An empty rounded square box with a thick blue double-line border, intended for writing the current activity.An empty rounded square box with a thick blue double-line border, intended for writing the next activity.An empty rounded square box with a thick blue double-line border, intended for writing the subsequent activity.