

# Visual Timetable

## Why use visual supports?

- Visuals remain when spoken word “disappears”
- Visuals direct and hold attention
- Visuals allow more time to process information
- Visuals can support learning language
- Visuals can support memory
- Help adults slow down their spoken language
- To support understanding
- To be build independence

## Visual Timetables

- Provide predictability and organization
- Reduces anxiety to enable engagement in activities.

### A visual timetable should communicate:

- What regular activities are happening
- What is the sequence of events to come
- What new activities will occur
- What has finished

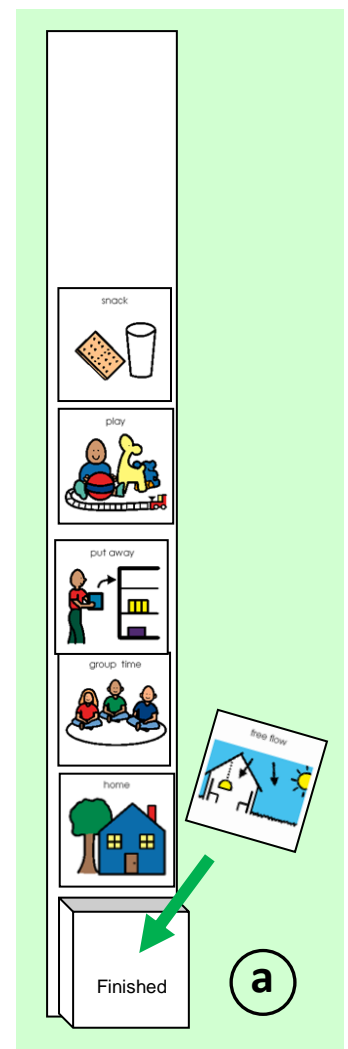
## Creating a Visual Timetable

- Choose your visuals e.g. real photos or symbols
- Print, laminate and add Velcro to the cards
- Laminate a strip of card for the board and identify where this will be displayed (this must be visually accessible to the child)
- For whole groups velcroing straight to the wall/ door is fine

## How to use a visual timetable

1. Decide how much to display at one time e.g. half day, full day etc. often less is better to start with.
2. Attach symbols in the order in which they will occur
3. At the start of session look at visual timetable identifying what will happen.
4. Support the child/ children to transition to the first activity.
5. When an activity is finished use a simple script e.g. “....has finished it’s time for...”
6. Support the child to post the symbol in the finished box and point to next activity (a)
7. Support the child to transition to that activity.

If using for a whole group draw the whole group’s attention to visual timetable at key transitions



## Top Tips

- If using photos preferably plain background, the less cluttered the better
- Objects can be used if that is more suitable to the child’s needs e.g. vision
- If using the timetable is for one child, it may be helpful to add the child’s photo
- Visual timetables can be displayed vertically or horizontal for some children it is easier to visually process a vertical list. For whole groups where it fits in the space is the key decider
- The eventual goal is to support the child to access the timetable independently.
- **A visual timetable should be used consistently**