

Customizable Visual Schedule for the Tobin Center

What is a visual schedule?

A visual schedule is a sequence that uses pictures. It shows a person what to expect during their day, routine, or a specific event. This allows people to organize themselves, sequence through activities, prepare for transitions and increase their independence.

What are the benefits of a visual schedule?

- Reduce worry, nervousness or anxiety about a specific event or routine
- Increase a person's independence
- Promote self-confidence after success
- Consistent
- Can be used across all age ranges and abilities
- Offer opportunities to build executive functioning skills

How to use a visual schedule:

- Break down a task, routine or event
- Create pictures or brief descriptions of each step
- Cut out and secure pictures and/or brief descriptions of each step
- Spend time familiarizing the person with the visual schedule and pictures
- Use lots of positive encouragement and praise, especially while learning to use

Tips:

- Use real life pictures to create easier association to task, event or person
- Laminate the visual schedule to increase its durability
- Secure the pictures using Velcro. Then your visual schedule template can be reused, but the pictures can be easily changed out
- Be patient – visual schedules need to be learned. It will take time for the person to associate the meaning with the pictures and incorporate into their routine
- Visual schedules do not work for everyone. Be patient and trial it several times before trying a different strategy, but understand if it doesn't work that's okay, different people respond best to different things.

Going to the Tobin Center Schedule

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Pictures:

Fidgets



Sensory Supports



Day of Event

