



Visual Timetables

What are they?

A visual timetable is a schedule that uses objects, photos, pictures or symbols to show what is happening in a child/young person's day. Visual timetables can be beneficial for children with difficulties with understanding language, as well as for any child that needs support to be more organised and independent. They can help to provide structure and routine, support understanding of what is coming next and prepare for change, encourage independence, prevent frustration, confusion and anxiety and build confidence. Visual timetables can help children in the classroom and at home.

How to use them?

You Will Need:



- A blank timetable template.
- Picture cards of the activities that take place in the child's day, with the activity name above or below the image.
- Oops/surprise cards to use in case an activity is changed during the day.
- A finished box/tray, to put the cards in once the activity is finished.

Once you have your template, finished box and have cut out your picture cards, you will need to introduce the timetable to your child.

- Set out the timetable at the beginning of the day/morning/afternoon/activity.
- Discuss the plan to the child or young person using the visual/written timetable as a reference point.
- Make sure you highlight any changes to routine or unusual events, use the oops/surprise card to show the change on the timetable.
- After each activity or item is completed either tick off or move the picture/symbol into a finished box.
- State the next activity that is starting and point to in on the timetable.

Top tips for success-

- You can find readymade visual timetables on the internet. Ask the child or young person what kind of timetable they would prefer.
- You might want to make a timetable that shows the tasks your child has to do before and after school, if they have a separate one that they use at school.

Outstanding care for all

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- You might need to make new picture cards if a new activity is introduced into your child's routine.

Further training / information –

<https://www.integratedtreatmentservices.co.uk/blog/visual-timetables/#:~:text=A%20visual%20timetable%20or%20timeline,comes%20next%20in%20t heir%20day.>

Links for videos-

<https://www.youtube.com/watch?v=iJvBqR6B0VI>

<https://www.youtube.com/watch?v=3XIZxyvjnLQ>

Example visual timetable:

Before school

After school

