

Schedule Templates

There are many different ways to create schedules for your child. Schedules can be as easy or complex and can be tailored towards every child's individual needs.

In order to make an effective schedule, there are a number of questions that you should ask yourself:

1. What can I follow through on?
2. How will I manage my own schedule and my child's?
3. Would the schedule be more effective, and can I manage it better, if it is broken up throughout the day or runs for a specific length of time?
4. Who can help me manage the schedule – spouse, another sibling?
5. What outcome am I looking for in a schedule?

There are a few things to also consider to try and make these unusual days productive and fun.

- ✓ Remember it's all about quality and not quantity:
 - When you are with your child give them all the attention they need and don't worry or feel guilty when you need to do your work or things in the house. It's ok if they watch a video or you give them their favorite toy to play with for longer
- ✓ It's ok if you have to make changes:
 - We work very hard to teach our kids flexibility and we often do not give ourselves enough. If something has happened that leads to having to change the schedule, that's ok, and a great opportunity to again teach flexibility. If your children see how you handle change then that's a great modeling moment
- ✓ It doesn't have to be all academic – Leisure/Play Activities:
 - These are unique circumstances and an opportunity to try some activities that we do not always get to in an academic setting. Leisure/Play activities tend to be an area that is difficult for our kids on the spectrum and now is a great time to incorporate these activities in a schedule.
 - Create a list of Leisure/Play activities that everyone in your family loves to do: reading, puzzles, painting, walking, Uno, Candyland, Monopoly, ect. Try and incorporate a few of these into a weekly schedule.
- ✓ Give Choices:
 - A lot of our students enjoy having control over their environment and really don't we all! Given that right now there is not a lot of choice, giving your child some control over the choices they have in their schedule might make them feel better.
- ✓ Length:
 - Schedules can be any length of time you want. Look at your schedule and then determine what would work best for your child's schedule that day. Some days may be just a few activities and some may be all day long.

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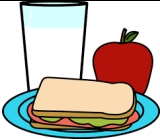


Use this type of schedule to visually show your child the expectation for a certain moment within the day. For example, show them a picture of a book and then of their toy. Use simple language, "first read the book, then you can play"

First	Then

Schedule Templates

Sample Schedule

Review this schedule with your child each morning to give them the plan of activities for their day. As you review each "choice" activity, have your child make a choice and circle their selection. After each activity you or your child can mark an "X" in the "Done" box.

Schedule for Today		Done
	Breakfast	
	Reading	
	Play Time	
	Math	
	Lunch	
	Art	
	Science	

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Time	Activity	Done
8:00 AM	Breakfast	
9:00 AM	Reading Choice: Read a Book or Complete a Worksheet	
9:30 AM	Music Choice: Sing a song or Play music from your favorite movie	
10:00 AM	Math – complete 2 worksheets	
10:30 AM	Break: play on my device or watch a video	
11:00 AM	Read quietly while lunch is prepared	
11:30 AM	Lunch	
12:00 PM	Art Choice: Draw or Paint a picture	
1:00 PM	Science Activity	
1:45 PM	Helper Time: Help Clean the House	
2:15 PM	Game Time Choice: Play a board game or play hide and seek	
3:00 PM	End of Day activity: Movie Time!	

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Sample Schedule

Review this schedule with your child on Sunday night. Talk about the themes for each day and the activity options that they have. You and your child can decide if they want to choose activities in advance, or choose in the moment. At the end of the day, review what activities your child completed and talk about their favorite parts.

Focus	Choice Day!	Theme Day: <u>Disney Day!</u>	Projects Day!	Baking Day!	Game On Day!
9:30 - 10	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10:30 - 11	Activity Choice 1: Coloring Book or Sticker Book	Craft: Baymax Bandage Tin	Project 1: Make cards for your family and mail them out	Recipe 1	Game Choice 1: Play a game on the switch or on X- Box
11:00 - 11:30				Recipe 2	
11:30 - 12	Activity Choice 2: Uno or Candyland	Play a Disney Board Game	Project 2: Build a tower or do a craft	Recipe 3	Game Choice 2: Tag or Monkey in the Middle
12:00 - 12:30				Recipe 4	
12:30 - 1pm	Lunch	Lunch	Lunch	Lunch	Lunch
1:30 - 2pm		Watch your favorite Disney Movie	Project 3: Organize your room or organize your books		Game Choice 3: Play a board game with Mom or Dad
2:00 - 2:30	Activity Choice 3: Puzzle or Reading				
2:30 - 3pm					

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Additional Picture Choices

Use these pictures as they pertain to your daily schedule. This would be best paired with a First/Then template or for kiddos with minimal reading skills to help add a visual component and sequence their day.

