Daily Routine & Visual Schedule Toolkit

A flexible toolkit for making everyday routines more predictable. Use the steps that fit your family; simplify, add pictures, or change the order based on the learner's needs.

How to introduce a visual routine

• Choose one routine to start (morning, after school, or bedtime).

• Pick 3–6 manageable steps and show them with words, pictures, objects, or AAC as appropriate.

• Review the steps together before starting; offer choices within the routine when possible.

• Mark each step complete, celebrate effort, and adjust the plan when the routine is too hard.

• Build in breaks, sensory supports, and flexibility; visuals are supports, not demands.

Morning routine — example

Step	Done
Use bathroom / wash hands	[ ]
Get dressed	[ ]
Eat breakfast	[ ]
Brush teeth	[ ]
Pack bag / check items	[ ]

After-school routine — example

Step	Done
Put belongings away	[ ]
Snack and water	[ ]
Rest / sensory break	[ ]
Homework or preferred activity	[ ]

Bedtime routine — example

Step	Done
Put away items	[ ]
Wash up / brush teeth	[ ]
Pajamas	[ ]
Quiet activity	[ ]

Step	Done
Lights out / settle	[ ]

Make Your Own Visual Routine

Routine name: _____ When: _____

My child's preferred way to see steps (words / pictures / objects): _____

Order	Step / picture description	Completed
1		[ ]
2		[ ]
3		[ ]
4		[ ]
5		[ ]
6		[ ]
7		[ ]
8		[ ]

Supports that help

Choices / preferred activities: _____

Breaks / sensory supports: _____

What we will change if this feels hard: _____