

Visual Schedule Template

Make transitions and routines easier with pictures

Many kids, especially autistic and neurodivergent kids, do better when they can see what's coming.

Here's the truth: a lot of "refusing" is really not knowing what's next. A visual schedule makes the day predictable, and predictable feels safe.

First / Then board

FIRST	THEN

Put the less-preferred task in "First" and something your child enjoys in "Then." Example: First shoes, then park.

My routine

1.	2.	3.	4.	5.	6.
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Draw, paste a photo, or write each step in a box. Make one for mornings, after school, or bedtime.

How to use it

- ☐ **Use real photos** of your child's own things and places when you can. Simple drawings or words work too.
- ☐ **Keep it short.** Start with 3–6 steps.
- ☐ **Review it together** before the routine starts.
- ☐ **Mark each step done:** check it off, cover it, or move it to a "finished" spot.

Make it work

- ☐ **Put it where it happens:** bathroom mirror, front door, fridge.
- ☐ **Show changes ahead of time.** Add a "surprise" or "change" card for the unexpected.
- ☐ **Praise the effort:** "You checked your schedule all by yourself!"
- ☐ **Laminate it** or use a sheet protector and a dry-erase marker to reuse it.

Want routines that actually stick?

Through parent coaching and ABA support, we help families build routines, visual supports, and transition plans that fit their child, so everyday moments go more smoothly.

[Book a free consultation](#)

ACCEPT. UNDERSTAND. LOVE.