

Name of Lesson/Programme:

Visual Schedule: 2-3 pictures.

Self-management

Part A: Visual Schedules

Lesson Number: 1

Purpose:

To encourage the child to sit and complete activities by following a schedule, this will give the child an idea of what is happening now and next.

Materials Required:

1. Wall mounted schedule with a finished envelop at the bottom
2. 2-3 photos placed on the schedule.

How to:

The schedule should be placed on the wall close to the work area but not in an area that will distract the child. The schedule should be placed in the same place every day.

1. When you are ready to start bring the child to the schedule and say, 'Time for__' as you say this direct the child to point to the picture. Use least to most prompting, giving as little or as much help as necessary to point to the picture.
2. Then go to the activity and complete the task.
3. When the task is finished go to the schedule and say, '___ is finished, time for___' for example, 'play doh is finished, time for yoga'. As you are saying this, help the child to remove the finished activity picture and place it in the finished envelop and then point to the next picture.
4. After you finish the last activity, place this picture in the finished envelope and the session is now completed. Place the schedule and materials away until needed again.
5. **Please note, if the child is unwilling to point to the schedule, you can do it for him/her.**