

Creating a visual schedule

Oak specialist: Daily living skills

Building understanding



Unit 3 - Daily Living Skills

Lesson 1- Creating a visual schedule

How to make and follow a visual schedule for daily activities.

Lesson 3- Recycling

Sorting recycling items into different categories.

Lesson 5- Following a simple recipe

Following simple steps to make a cheese sandwich.

Lesson 2- Getting dressed

Breaking down the steps of the sequence and creating opportunities for independence.

Lesson 4- Using equipment in the kitchen

Labelling kitchen equipment and learning what food to use them with.

Lesson 6- Daily meals

Choosing food items and matching them to a meal time.



Lesson 1: creating a visual schedule



Teacher notes- Creating a visual schedule

Learning Intention: To create a visual schedule to support learner independence in daily activities.

1. What is a visual schedule and why are they helpful?
2. Example of how to break a morning into activities and collect equipment to complete the activity.
3. Video of how to make a visual schedule and how to use it.
4. Opportunity to make own.

Resources- pen, colouring pens, paper or post-its, scissors, tape, blutack.



Safety notice

This lessons involves use of sharp objects. Please ensure the learner is supervised by an adult when handling these objects and that sharp objects are handled with care.



Start of lesson: creating a visual schedule



What is a visual schedule?

A visual schedule is a series of simple **images or words** which represent a series of **activities**.



Why use a visual schedule?

You can use a visual schedule to

- Break the day into manageable steps.
- Teach independence within activities.
- Support transitions.
- Predict change and end of preferred activities.
- Teach sequencing.

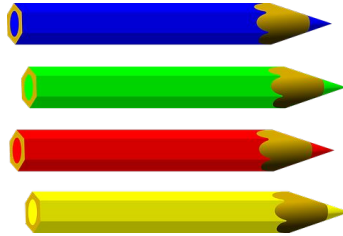


In this lesson, you will need:

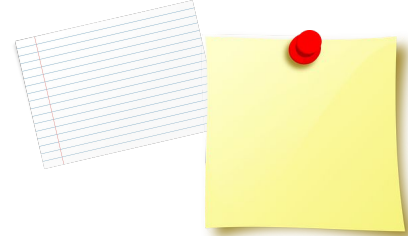
Pen or pencil



Colouring pencil



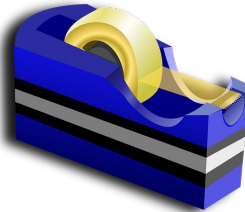
Paper or sticky notes



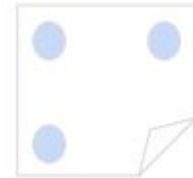
Scissors



Sticky tape



Adhesive putty



Example of a morning routine

1. eat breakfast



2. get dressed



3. brush my teeth



4. work



5. go for a walk



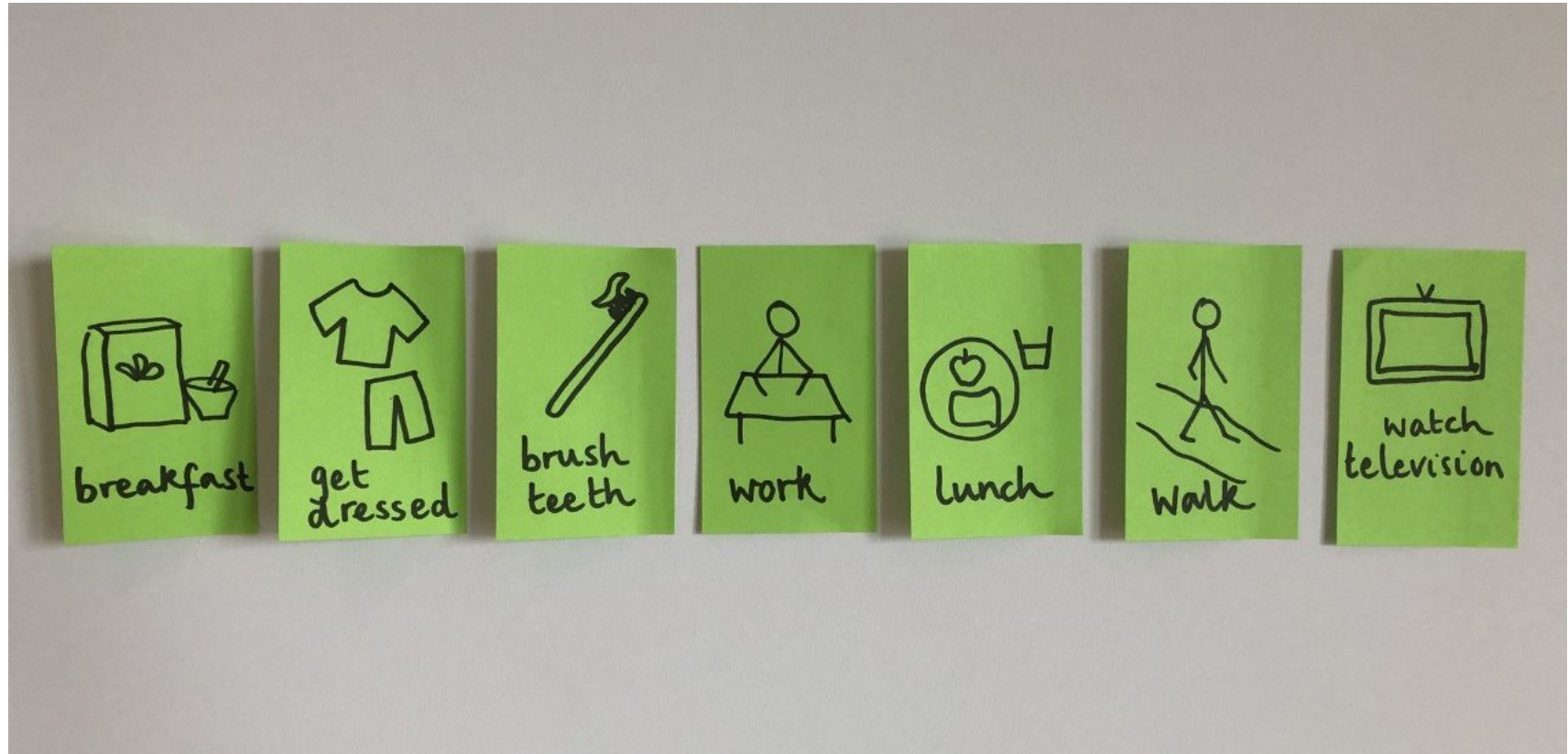
6. prepare lunch



How to create a visual schedule- video



Example schedule



Daily routine activities



go for a walk



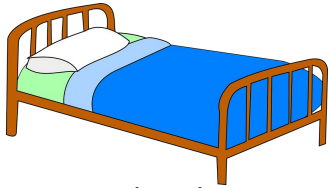
watch television



make lunch



have a shower



go to bed



work



cook dinner



take my medicine



vacuum



put the rubbish out



go out



read a book



Top tips when using a visual schedule

1. Display clearly.
2. Use the same symbol or picture for the activity it is representing.
3. Give choice where possible when putting the schedule together.
4. Tell learner to “check the schedule” before changing activities.
5. Remove the symbol or picture at the end of the activity to symbolise that it has finished.
6. Encourage independence in following each activity.



Independent Living

Building Understanding

Creating a visual schedule

Make it easier

- Choose only three key activities.
- Use single symbols to support verbal instructions e.g show symbol of 'socks' when directing learner to "put socks on".

Make it harder

- Make a weekly timetable.
- Break one activity down into individual steps e.g. brushing teeth. Can you follow each step independently?
- Make a pocket timetable.

More ideas

- Search for images from magazines if you do not want to draw images.
- Search online (with parent/carer) for line drawings to copy.
- Ask your school or college for support.



Further Learning with Oak National

Independent Living:

- Applying Learning- Managing a routine (Unit 3)
- Applying Learning- Balanced leisure activities (Unit 2)
- Building Understanding- Morning routine (Unit 2)

Numeracy:

- Time (Unit 4)

Occupational Therapy:

- Executive Functioning/Organisation (Unit 5)
- Activities of Daily Living (Unit 6)

