

Visual Timetables

Visual timetables can support children who have difficulties with processing and understanding language and have a need for structure and routine. They take away the unpredictability of the session by setting out the sequence of events and expectations, reducing anxiety and promoting confidence and independence. They are available to the child to process information in their own time and they can go back to as often as they need to.

Supporting the child's understanding of what is happening and what is expected of them can prevent their anxiety and frustration rising and prevent an escalation in undesirable behaviour

With acknowledgement of original concept: *Gerhardt, P., Cohen, M (2014) Visual supports for people with autism: a guide for parents and professionals. Woodbine House. Wheeler, J.J., and S.L. Carter. 1998. "Using Visual Cues in the [Classroom](#) for Learners with [Autism](#) as a Method for Promoting Positive Behaviour*













How do I use a visual timetable?

1. Think about the child's time at the out of school club and select pictures which reflect the day's session starting with arrival. The activities need to be of the child's choosing and can be selected from a choice board on arrival. Pictures should be age and developmentally appropriate.
2. Position the timetable somewhere prominent at the child's eye level where they can see it easily.
3. Support the child to look at the timetable and as each activity or event is completed, remove the picture and place in a 'finished' box. This helps the child see that the next picture becomes 'now'
4. Visual timetables can be horizontal or vertical and if the child understands time, it can be helpful to use a version which shows a clock to support the understanding further.

Example of a simple visual timetable

Ellie's timetable for After School Club					
					
Coat Off	Snack	Drink	Football	Arts and Crafts	Home

Example of a more complex visual timetable with time

Jamal's timetable for After School Club					
					
3.15	3.30	3.45	4.15	5.00	5.30
					
Coat off	Snack	Lego	Football	Dressing Up	Home

It is worth noting that children who are very rigid with routine may become distressed if things do not go to plan and the order of activities need to change or even not take place. It is important to have pre-decided strategies in place as part of the child's Positive Behaviour Support Plan to ensure that this situation is managed to minimise the child's distress.

Visual Timetable' templates for you to print, laminate and use

Six Activity Timetable without Time

.....timetable for After School Club					

Six Activity Timetable with Time

.....timetable for After School Club					
Insert time here	Insert time here	Insert time here	Insert time here	Insert time here	Insert time here

Eight Activity Timetable without time

.....timetable for After School Club			

**Eight
Activity
Timetable
with Time**

.....timetable for After School Club			
Insert time here	Insert time here	Insert time here	Insert time here
Insert time here	Insert time here	Insert time here	Insert time here

Ten Activity Timetable without Time

.....timetable for After School Club				

.....timetable for After School Club

Insert
time here

Insert
time here

Insert
time here

Insert
time here

Insert
time here

Ten Activity
Timetable
with Time

Insert
time here

Insert
time here

Insert
time here

Insert
time here

Insert
time here