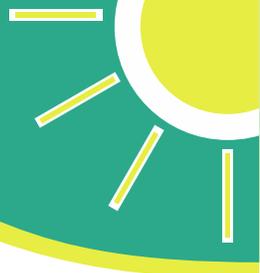


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Visual Schedule

Description : For children with ADHD and other disabilities or difficulties affecting memory, not having a regular routine or having to transition between tasks quickly can lead to increased stress, frustration, and behavioural difficulties. Building a visual schedule for your child will prepare them for transitions during the day and reduce stress.

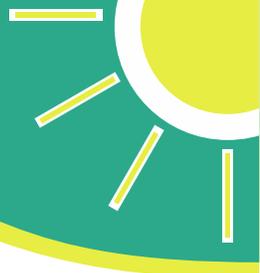
Develops : Self-regulation, mental preparedness, and greater self-awareness.



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Instructions :

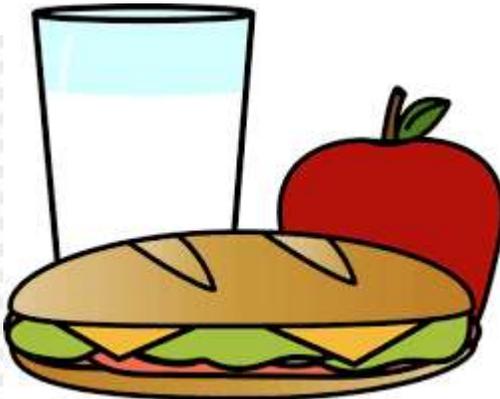
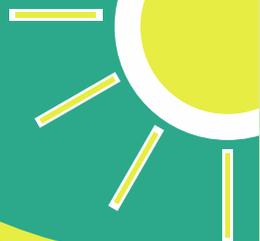
To make a visual schedule ideally having a small erasable white board and dry erase markers would be the easiest but, in their absence, you can still make your own.

- 1) To make your own erasable board either use Bristol board or any other type of household cardboard, markers (either washable or permanent is fine), plastic wrap, and tape.
- 2) Cover the cardboard with plastic wrap and pull it as tight as possible so that your writing surface will be smooth.
- 3) Tape the plastic wrap on the back of the cardboard so that the plastic wrap will be held tightly in place.
- 4) On the front using the markers plan out a basic daily routine for your child (ex. eating breakfast, brushing teeth, taking a shower, etc.). It is not necessary to add times for each activity but it will be helpful for the child to have routine fixed to certain times.
- 5) Next to the names of the different activities try to draw a picture, stick figures are fine, of the activity. This will help your child if they have difficulty reading. Attached are few pictures you can copy from or stick directly on the board if you have printer.
- 6) When the schedule is finished put it either in the child's room or a central room in the house where they child can see it regularly.
- 7) Regularly throughout the day have your child look at the schedule to explain to them what activity they will have to do next.
- 8) Any time there is something that needs to be changed on the schedule use a Kleenex or toilet paper to rub off items and then write new ones with the marker.

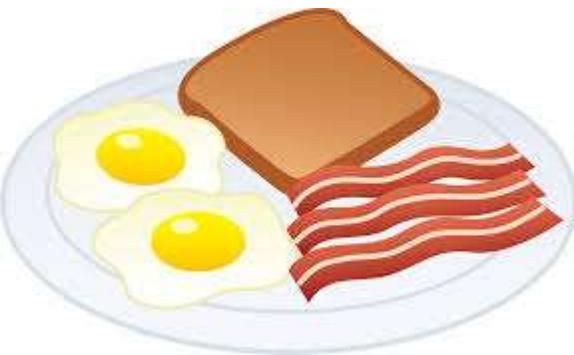
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