

Creating your Visual Daily Schedule

This document contains all the items you need to create your child/ren's Visual Daily Schedule.

Active

In this document you will find:

- Heading page for the Visual Daily Schedule (see pg 2)
- Pointer Arrows (see pg 3)
- Activity Pictures (see pages 4-9)

Eating / Socialisation

Tips:

- When planning your Visual Daily Schedule, try structure the activities around key routines such as Getting Ready, Snack, Lunch, Snack, Dinner, Bath & Bed times.
- We suggest 2-3 Activity Pictures within each of these key routines, however remember you know what's best for your child/ren and family.
- We have added colour frames around the Activity Pictures and grouped them by themes. This will provide you a variety of activities in your day (see legend on the left).
- We have provided suggested ideas for each Activity Picture.
- We have provided duplicates for important activities which you may wish to repeat in the Daily Schedule.

Learning

What to do next...

- Print off pages 2-9.
- Encourage your children to colour in the Activity Pictures.
- Cut out heading, arrows & images. Follow our parent instruction document to create your child/children's Daily Activity Schedule.
- Have FUN!

Quiet / Mindful



daily schedule



daily schedule



daily schedule



Pointer Arrows for your Visual Daily Schedule



Activity Pictures for your Visual Daily Schedule

Encourage the children to help with cleaning, gardening, washing cars, washing clothes or preparing food.

Helping Hand



Make, Cook n' Bake



Online-Learning



Online Learning time is for those on digital classroom learning. If you don't have this, you can watch an educational video/TV program.

Family Walk



Bath Time

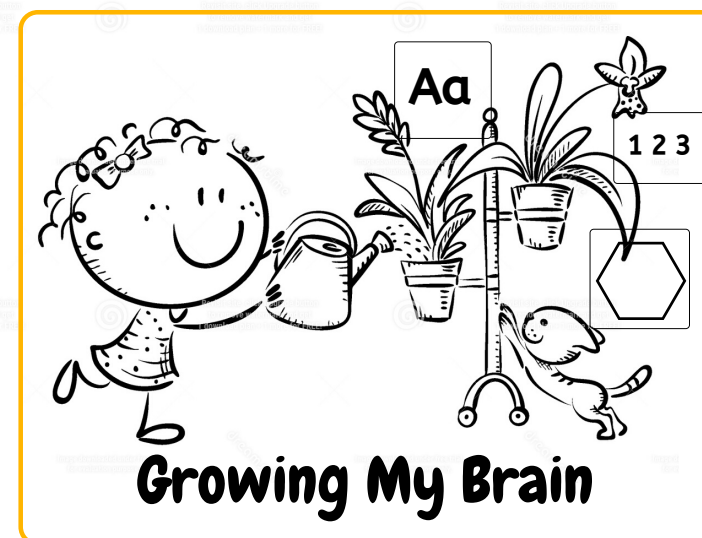




Who will you be today? Chat with your child and ask them to use their imagination to create a scene, play space or game. You can build or construct forts, spaceships, aeroplanes, food store, restaurant etc. for your pretend play. Head over to the Interaxcity website or our social media pages for lots of inspiring ideas!



Encourage the children to help with cleaning, gardening, washing cars, washing clothes or preparing food.



Try to have some 'screen-free' learning. You could work on a project, do some maths in the home by going on a number hunt or have fun learning with finding shapes, letters, colours or sounds around your house.



Allow children to relax and unwind and choose an activity. You could reward them if they've done a good job by following their schedule.



Blank squares are for parents/ care-givers to draw and write your own activity.



Creative Play Time. Will you be an artist and create some art n' craft or make cards for upcoming events/birthdays? Maybe you want to design, construct or build something out of recycled products. Perhaps you want to make a show - you can use puppets/dolls/teddies or musical instruments. Head over to the Interaxcity website or our social media pages for lots of inspiring ideas!

Social Time: Make cards, or write letters for friends/family, to send digitally. Have a virtual play date or catch up with a grandparent/special friend by using Facetime, Zoom, Whatsapp, or Skype.

Creative Play Time



Social Time



Snack Time



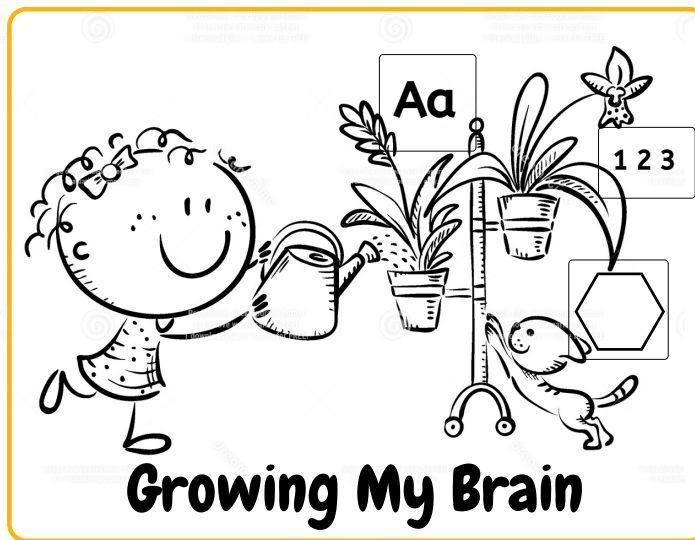
Quiet Time

Work on a puzzle, read a story, independently build Lego or try a guided meditation from the free 'Smiling Minds' app or yoga from Cosmic Kids. Younger children may wish to take a nap.



Getting Ready

Eat breakfast, brush teeth, get dressed, make bed, etc.

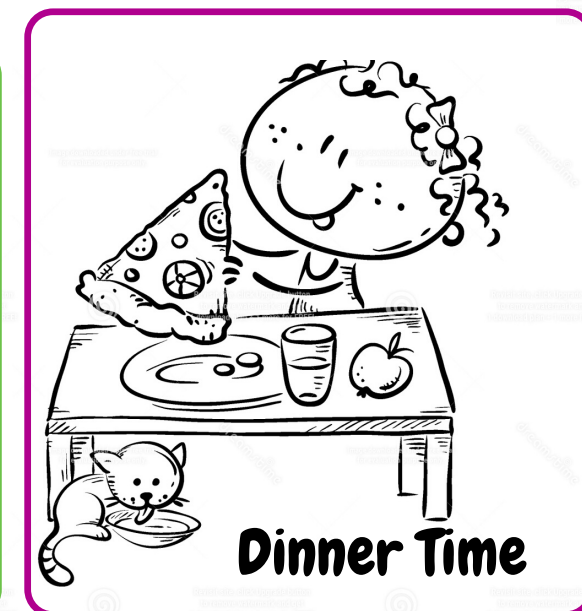
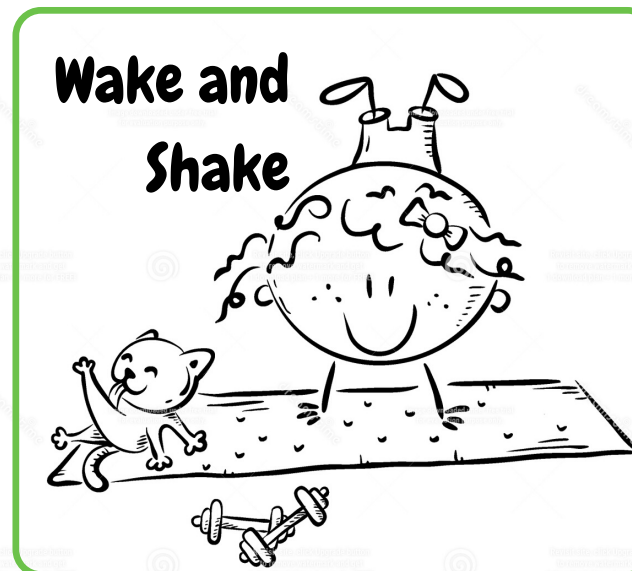


Try to have some 'screen-free' learning. You could work on a project, do some maths in the home by going on a number hunt or have fun learning with finding shapes, letters, colours or sounds around your house.



Kindness Time is to encourage children to do something kind for a family member, friend or someone in our community.

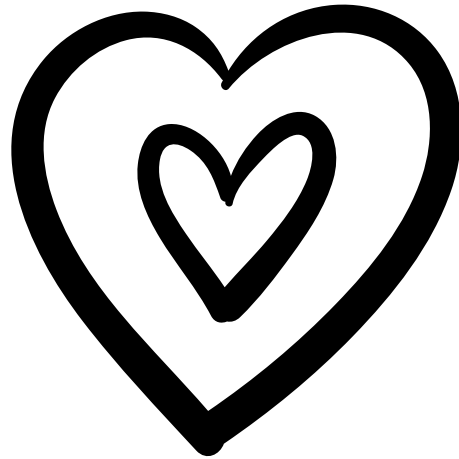
"Wake and Shake"- get outside if possible, head for a family walk, play with balls (you can use a laundry basket as a target to aim balls into) or do some yoga.





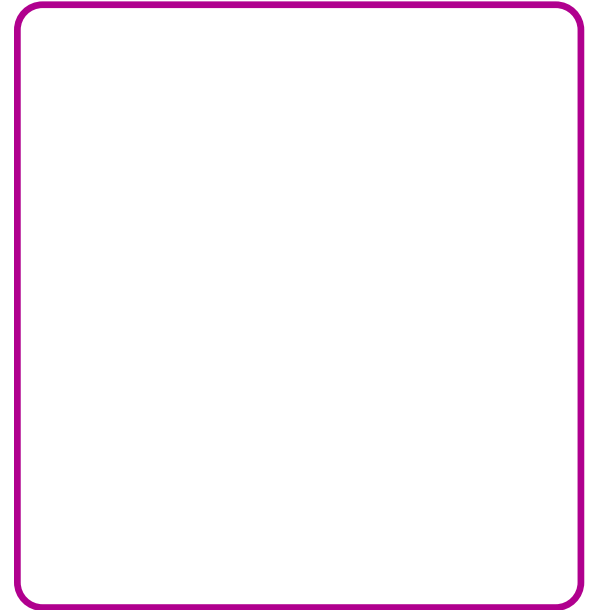
Special Activity

Special Activity is for parents/care-givers to provide a "surprise" option in your child/ren's day as a fun element or to reward good behaviour. Consider a pyjama day or lazy morning, movie afternoon or a family all-time favourite activity.



Kindness Time

Kindness Time is to encourage children to do something kind for a family member, friend or someone in our community



Blank squares are for parents/care-givers to draw and write your own activity.

Beat the afternoon slump by getting active with an obstacle course in your backyard or ball game. Use chalk to draw goal posts on a fence/brick wall or drawn the obstacle course on the ground.

Afternoon Action



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Creative Play Time



Snack Time



Quiet Time

Work on a puzzle, read a story, independently build Lego or try a guided meditation from the free 'Smiling Minds' app or yoga from Cosmic Kids. Younger children may wish to take a nap.

Blank squares are for parents/care-givers to draw and write your own activity.