

Visual Supports: Creating Visual Schedules

What are visual schedules?

Visual schedules represent upcoming activities through the use of sequenced objects, photos, pictures, and/or text. They are a visual support that create structure and establish expectations.

How do I make a visual schedule?

1. Select the visual format that best matches the way the individual understands information:
 - a. **Objects** – actual objects or object representations
 - b. **Photo** – photos of real objects or activities
 - c. **Picture symbolic** – colored drawings
 - d. **Line drawing** – black-and-white line drawings
 - e. **Text** – written words and numbers
2. Consistently present the schedule in a format that best meets the individual's needs.
 - a. **Layout:** Arrange the schedule horizontally (left to right) or vertically (top to bottom).
 - b. **Materials:** Use schedule pieces and materials that the individual is able to easily grasp and move.
 - c. **Length:** Select a length that will be helpful for the individual:
 - **Long schedules** show multiple activities at a time and can help the individual plan and prepare.
 - **Short schedules** show a few activities at a time and can help the individual not feel overwhelmed or anxious.
3. Select materials to use based on the visual format identified above.
 - a. Visuals don't have to be pretty! They can be made from things around your house (e.g. magazines, cereal boxes, folders).

Morning Schedule



Resources for Making Schedules

- ▶ [Boardmaker](#) offers a free 30 day trial that include the use of schedule templates.
- ▶ [Social Stories Creator & Library](#) is a free app that allows you to create schedules.
- ▶ [First Then apps](#) is a free app for creating First Then schedules.
- ▶ [Autism Focused Intervention Resources & Modules \(AFIRM\)](#) has schedule examples and blank schedule templates.
- ▶ [PBIS World](#) offers a variety of schedule templates.

Additional resource guides and a full list of references at <https://www.delawareautismnetwork.org/>.

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