

Visual Timetables

What is a visual timetable?

Visual timetables are created using photographs of symbols of events. They are used to help children understand what they are doing over a period of time. They give structure and can help to reduce anxiety levels.

They can be beneficial for all children, but are particularly useful for children with language processing difficulties, attention difficulties, memory difficulties and for children who are learning English as an additional language.

They can be created for a whole day or to help make clear the order of events for a certain activity e.g. getting ready for PE or going to the toilet.

How do I make a visual timetable?

Take photographs of events or use a symbol programme (e.g. 'Boardmaker' – available at all Leeds libraries) to create your pictures. Some symbols have already been created for you to use.

Before setting up the visual timetable, make sure that the children understand the pictures you are going to use and what they represent.

It is useful to laminate the pictures and use Velcro/adhesive to attach them to a strip on the wall/ on the table. This will help by making it easy to move the pictures around and change activities.

What kind of activities do I make pictures for?

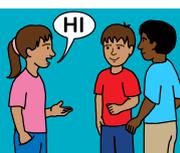
The pictures will depend on the use of the visual timetable.

For a timetable of the whole day, you could use pictures for events such as:

- Story time
- Circle time
- Lunch time
- Sleep time

You could be more specific and create pictures for different activities that will be available such as:

- Choosing time
- Playdough
- Drawing
- Outdoors
- Water play



How do I use a visual timetable?

Display the symbols either from top to bottom or left to right in the correct order.

Refer to the timetable as often as you can.

Usually, show the whole timetable at the start of the day, then point to the relevant picture before you start each activity and when moving to a new one.

