

Using visual schedules and checklists can support children to be more independent in following early childhood routines and meeting expectations.

A child might find it difficult to remember all the steps in different routines for lots of different reasons.

Using a visual schedule or checklist can support a child by:

- Being a permanent instruction, rather than a verbal instruction that disappears.
- Breaking the steps down into individual parts.
- Reducing adult support required to complete every-day tasks.
- Increasing a child's sense of independence and sense of completion.



Morning Routine:

1.



Put bag in cubby.

2.



Put lunchbox in fridge.

3.



Put water bottle on trolley.

4.



Put hat in locker.

5.



Apply sunscreen.

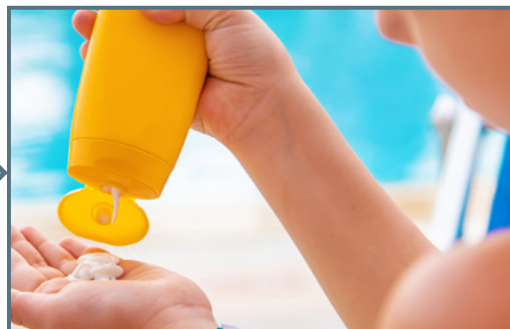
How To Use:

1. Print and place in a central accessible location.
2. Talk through the steps with the children.
3. Support children to refer to the visual schedule to know what to do next.

See following pages for templates.

- **Option 1:** Ready to use with generic images for where to put bags, hats, lunch boxes and water bottles.
- **Option 2:** Blank template to insert your own images to match your early childhood setting.

Morning Routine



Morning Routine



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