AGES 3–10 | ACTIVITY

Creating a Visual Routine



WHAT THIS IS

Pictures and steps make routines predictable. Predictable days lower stress and reduce arguments.

HOW TO USE IT

1. Pick one routine (morning, after school, bedtime).
2. Draw or paste a picture for each step.
3. Let your child check off each step.

EXAMPLE

"Morning: 1 wake up, 2 get dressed, 3 breakfast, 4 brush teeth, 5 shoes, 6 backpack."

Routine: ☐ **Morning** ☐ **After school** ☐ **Bedtime** ☐ **Other:** _____

1	2	3
picture	picture	picture
☐	☐	☐
4	**5**	**6**
picture	picture	picture
☐	☐	☐

Tips: Keep it to 4–6 steps. Use real photos for younger children. Review it together when calm. Celebrate effort ("You did steps 1 to 4!"). Give a warning before changes.

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