

AUTISM TEAM NEWS

Visual Schedules

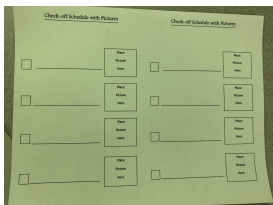
Why do they work?

- Provides structure and routine
- Encourages independence
- Builds confidence
- Improves understanding of language
- Helps to avoid frustration and anxiety
- Provides opportunities to interact with others.



I teach high-functioning students I should use...

- Planners
- Checklists
- Check-off visual schedule



RESOURCES

- [AUTISM CIRCUIT](#)
- [AUTISM INTERNET MODULES](#)
- [THE AUTISM HELPER](#)

Why are visual schedules important for students with Autism?

Visual schedules are essential for students with Autism because their first language is visual. Research shows that visual schedules help to reduce anxiety and help to produce a predictable routine for student on the spectrum. Schedules help with transitions because they prepare students for what is happening next throughout their day.



Different types of visual schedules for the classroom.



If the schedule must change, changing the visual schedule is a great way to help students to understand what the change is and to prepare for it in advance. Visual schedules can help your student with autism participate in learning and prevent anxiety throughout the day.

HOW DO I CHOOSE A SCHEDULE FOR MY STUDENT?

WORK SCHEDULES

- Use to show the individual steps of an activity or routine.
- Use to help students and staff follow steps consistently.
- Use as a reminder of the appropriate order of steps.

FIRST/THEN CHARTS

- Use as a visual support for transitions.
- Use to show a reward or activity that may motivate a student to engage in a less preferred activity.
- Use with students who often ask for reinforcers or preferred activities.

DAILY SCHEDULES

- Use for students who are anxious and need preparation for change.
- Use when you need to teach the skills of participating in routines.
- (Every student needs a daily schedule. All students with autism need *individualized* daily schedules.)

