

Ideas for organization systems

If the clothes, shoes, backpacks are all in the correct spot- save time searching for missing items or arguing over what to wear today! These are just a few ideas to get your brainstorm juices flowing. Make a system that works for your family & **STICK TO IT!** Check out more ideas on our [Pinterest board here](#).



doityourselfsamples.com



[Systems for Sensory Kids](#)



[Sweet Bella Roos](#)







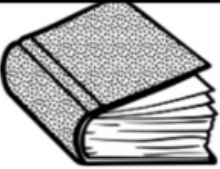









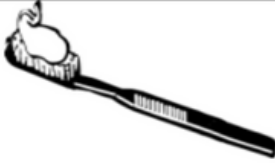


[The Idea Room](#)

Arranging the physical environment is an easy way to help set your child up for success! Check out more ideas on our [Pinterest board here](#).

Visuals

Cut and paste into the previous page or onto another paper. You can find other icons through a search on pixabay or google images.

My Day

Early morning

Mid morning

Late morning

Early afternoon

Late afternoon

Evening

Night

WEEKLY PLANNER

Dates: _____

Sunday

Monday

Tuesday

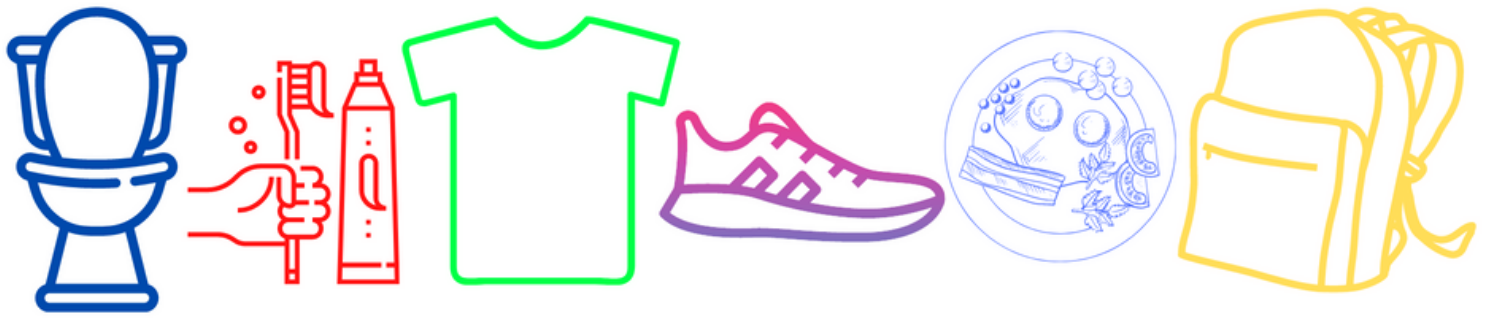
Wednesday

Thursday

Friday

Saturday

Notes



I feel the need...the need for routine

Children (like us) need routine. Having a consistent daily routine can ease stress and prevent problem behaviors. Just think of the way you feel not knowing what is going to happen next. We can ease some of that for our kids by clearly letting them know what comes next- on a daily and weekly schedule.

How to use a visual schedule effectively:

1. List out the things that are planned to happen in order.
2. You don't have to be tied to a clock time- just an order of occurrence.
3. Start with the big anchors- things that happen every day.
4. Build in plenty of free time or reinforcement time.
5. If your child can read (and likes to read)- use words.
6. If your child prefers pictures- use pictures.
7. Let your child help you make the schedule- give them choices of activities, schedule format, let them draw some pictures- however you can include them!
8. Provide reinforcement for following the schedule nicely.
9. Give prompts or cues to help them stay on schedule when needed.
10. Hang the visual schedule up wherever those events happen. Morning routine- bedroom or bathroom. School time- where you do virtual schoolwork. Self-care- bathroom.
11. You can use a schedule for a whole week, a whole day, or just a short 5-minute routine. Where is your child struggling? Where are you helping them to gain independence?
12. Use the visuals instead of talking at your child. Point to the next picture or schedule line instead of telling them over and over, nagging, or lecturing.
13. Do not punish for getting off schedule or forgetting steps. Help them to do each step and give lots of reinforcement for doing it independently.

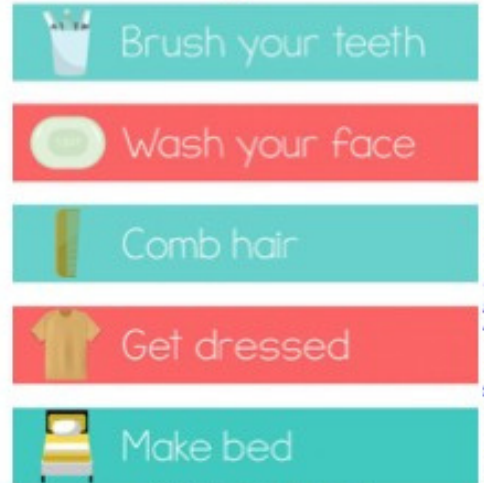
Visual Schedule Samples

These are a few different examples that are FREE!
Find more on our curated [Pinterest board here!](#)



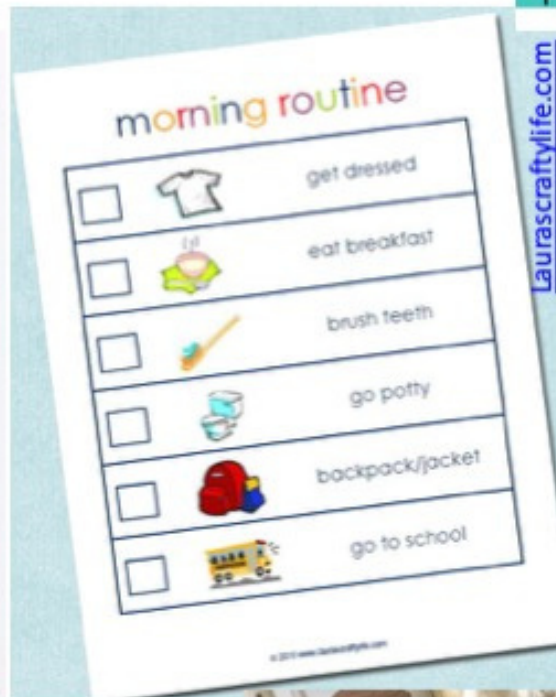
The Almost Perfectionist Blog

Morning Routine



Naturalbeachliving.com

Naturalbeachliving@gmail.com



laurascraftylife.com

	Potty	
	Make Bed	
	Breakfast	
	Brush Teeth	
	Get Dressed	
	Brush Hair	

From abcstoacts.com

From ABC's to ACT's



Themamaworkshop.com

TUESDAY

Visual Schedules

This is my own family's morning routine strip for virtual school. We have one hanging in the kids' bathroom and in each child's bedroom. Use this one, cut it up to put in the order you prefer or use it as a sample to then create your own!

