Using a Visual Timetable to Support Routine

A visual timetable can help children connect to the concrete and support the idea of the abstract; what I'm doing now, what I'm doing next, later or after. For parents it can help put some routine into the new normal while also easing anxiety and cognitive overload in children.

Visual timetables should be interactive. Families can create a post box and remove activities that have been completed/finished. Timetables can be fluid with breaks indicated by lunch or snack and allow activities to come to a natural end with some guidance; they can be more rigid if that suits your family with 'timed' activities (9:00am- PE, 10:00am-reading, 10:30am movement break).

Visual timetables are helpful for encouraging children to focus or refocus. They can improve a child's comprehension and support language and vocabulary.

Put the timetable in your 'family room', the room which sees the most traffic in your home, so it is visible to all.

Many sites are now offering free access to all parents to support home learning Twinkl or Widgit Online both have ready made visual timetable cards some can be edited. If you have the resources, the family could create their own!