

Autism Awareness



Visual Resources



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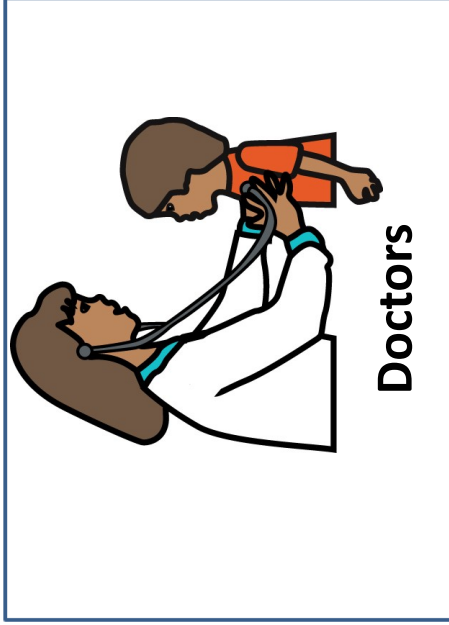
Page 21—Evening routine strip

4. **Reward Charts**

Page 20—25

EXAMPLE

NOW



NEXT



TIP:

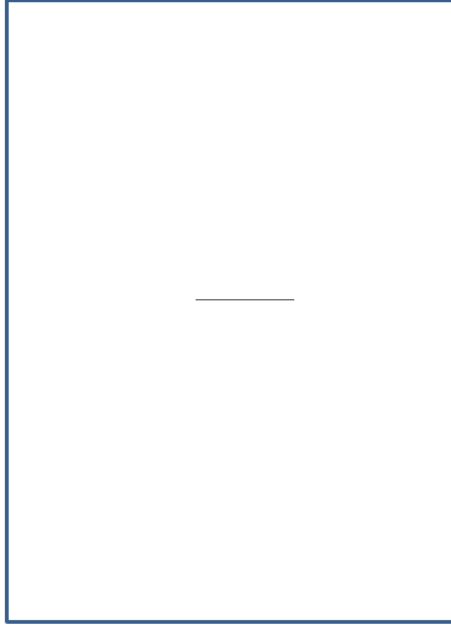
Use a 'now and next' board as a visual to support transition from one task to the next in your child's routine.

This visual works well when a preferred activity is next e.g. "Now, homework— next, iPad"

You could try using words or pictures (either printed off the internet, or drawn on yourself!)

NOW

NEXT



'Now and Next' symbols to use

Bed Time



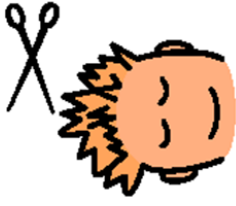
Breakfast



Tea Time



Haircut



Watch TV



Brush Teeth



Wash Face



Wash Hands



Shower Time



Bath Time



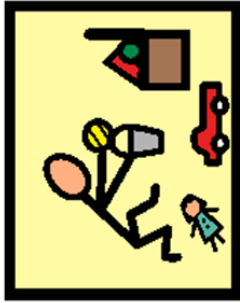
Sit at Table



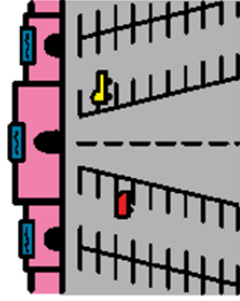
Put Shoes On



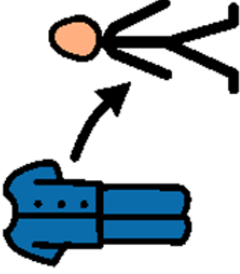
Tidy up



Going Shopping



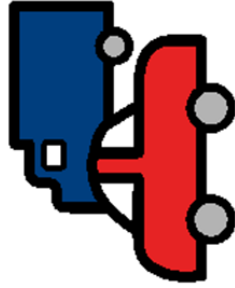
Get dressed



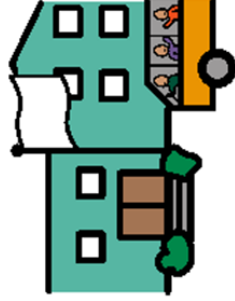
Go To The Park



Going in the Car



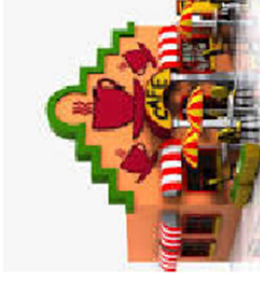
Go To School



Xbox



Go to the cafe



Go to the cinema



Go to Swimming



Special time



Sit at Table



Wake Up



Arts and Crafts



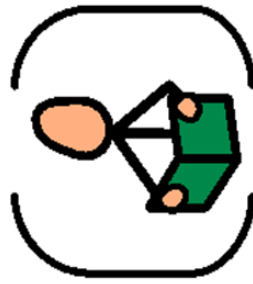
Minecraft



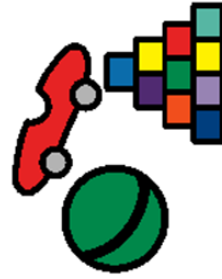
Pyjamas On



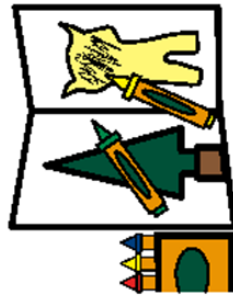
Read



Play with my Toys



Colouring



Have a Snack



Use the Toilet



Drawing



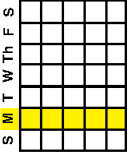
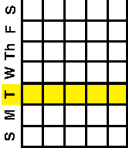
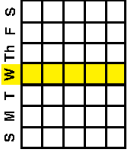
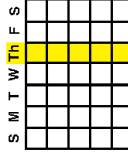
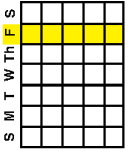
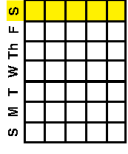
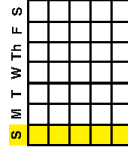
Have a drink



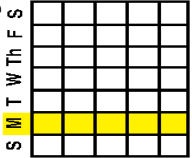
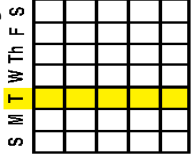
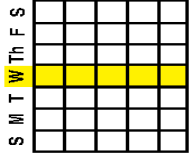
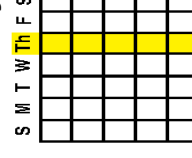
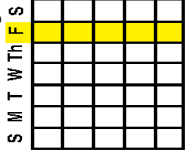
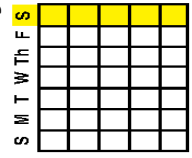
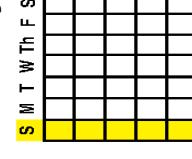









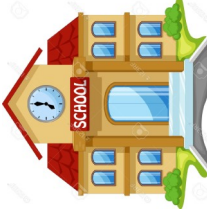











Play in the Garden



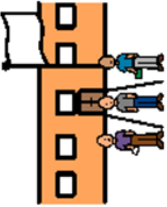
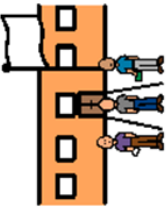
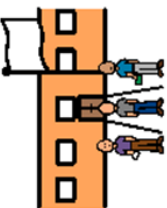
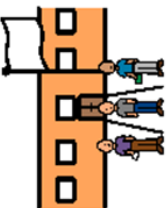
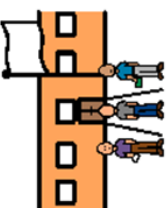
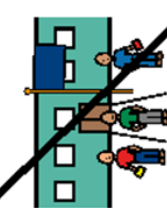





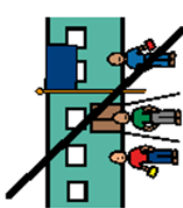





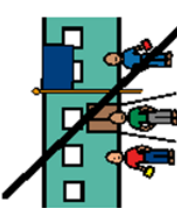
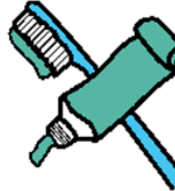
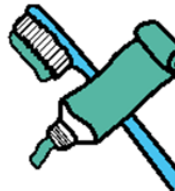

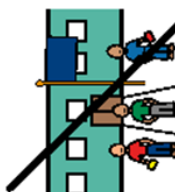
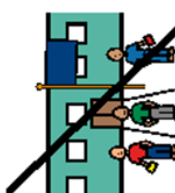
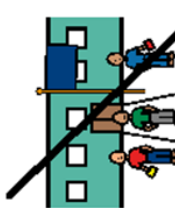
Monday to Sunday visual timetable



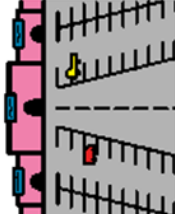

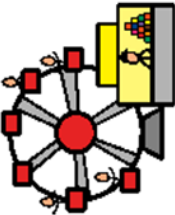













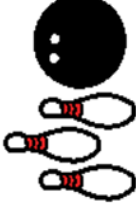





Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						

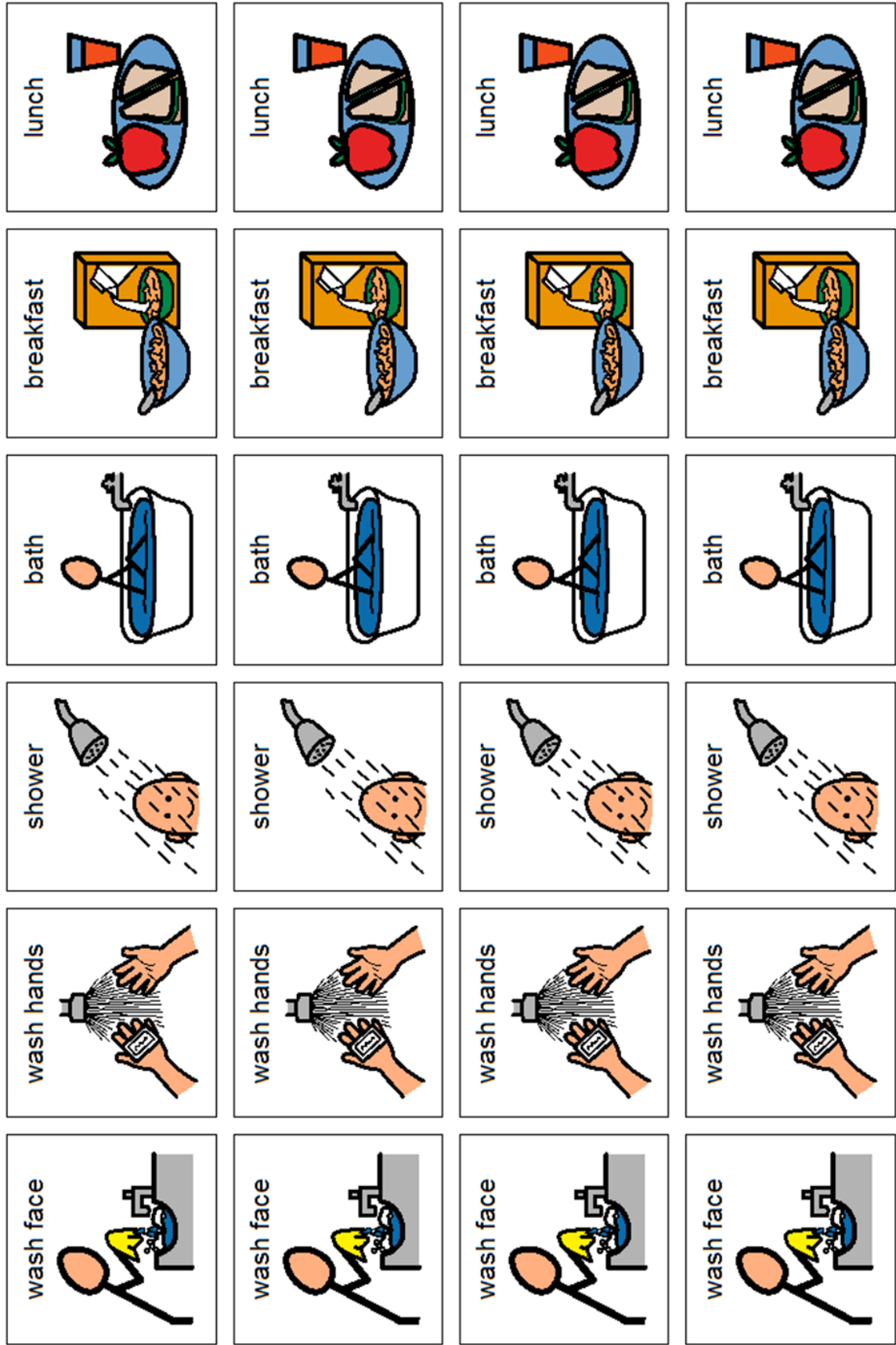
EXAMPLE




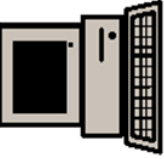







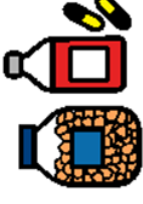





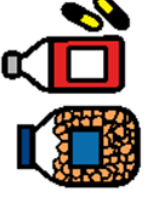






Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						
						
						
						

'Monday - Sunday' visuals

School 	School 	School 	School 	School 	No School 
wake up 	wake up 	wake up 	wake up 	wake up 	No School 
brush teeth 	brush teeth 	brush teeth 	brush teeth 	wake up 	No School 
brush teeth 	brush teeth 	brush teeth 	No School 	No School 	No School 

<p>sports</p> 	<p>party</p> 	<p>shopping</p> 	<p>swimming</p> 	<p>fun fair</p> 	<p>circus</p> 
<p>haircut</p> 	<p>snack</p> 	<p>read</p> 	<p>cinema</p> 	<p>Lego</p> 	<p>theme park</p> 
<p>homework</p> 	<p>see friends</p> 	<p>picnic</p> 	<p>tidy up</p> 	<p>tidy up</p> 	<p>tidy up</p> 
<p>bowling</p> 	<p>holiday</p> 	<p>car</p> 	<p>play with toys</p> 	<p>homework</p> 	<p>homework</p> 



<p>Dinner</p> 	<p>Watch TV</p> 	<p>Play a game</p> 	<p>Computer</p> 	<p>park</p> 	<p>zoo</p> 
<p>Dinner</p> 	<p>Watch TV</p> 	<p>arts & crafts</p> 	<p>bedtime</p> 	<p>bedtime</p> 	<p>medicine</p> 
<p>Dinner</p> 	<p>Watch TV</p> 	<p>draw</p> 	<p>bedtime</p> 	<p>bedtime</p> 	<p>medicine</p> 
<p>Dinner</p> 	<p>Watch TV</p> 	<p>bedtime</p> 	<p>bedtime</p> 	<p>bedtime</p> 	<p>sleepover</p> 

Brushing my Teeth



VELCRO

VELCRO

VELCRO

VELCRO

VELCRO

1. Cut out the symbols below

2. Choose the order that suits you and your child

3. Stick on using Velcro/ glue/ BluTac

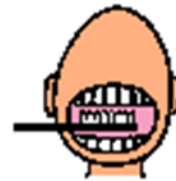
Tap On



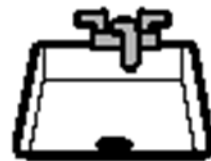
Toothpaste On



Brush Teeth



Spit




Tap Off



TIP: your child might like to remove each picture after the task has been completed.

Getting Dressed



VELCRO

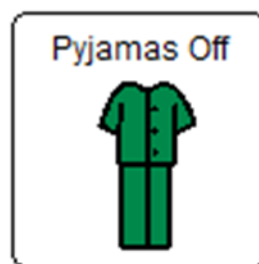
VELCRO

VELCRO

VELCRO


VELCRO

1. Cut out the symbols below
2. Choose the order that suits you and your child
3. Stick on using Velcro/ glue/ BluTac



TIP: your child might like to remove each picture after the task has been completed.

Getting Dressed



VELCRO

VELCRO

VELCRO

VELCRO

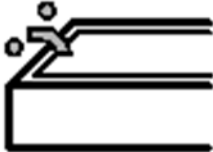
VELCRO

1. Cut out the symbols below
2. Choose the order that suits you and your child
3. Stick on using Velcro/ glue/ BluTac



TIP: your child might like to remove each picture after the task has been completed.

Having a bath



VELCRO

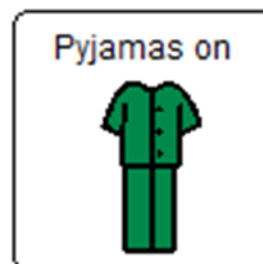
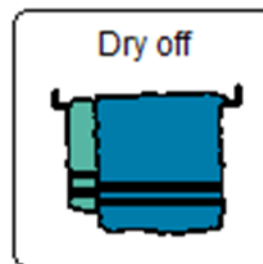
VELCRO

VELCRO

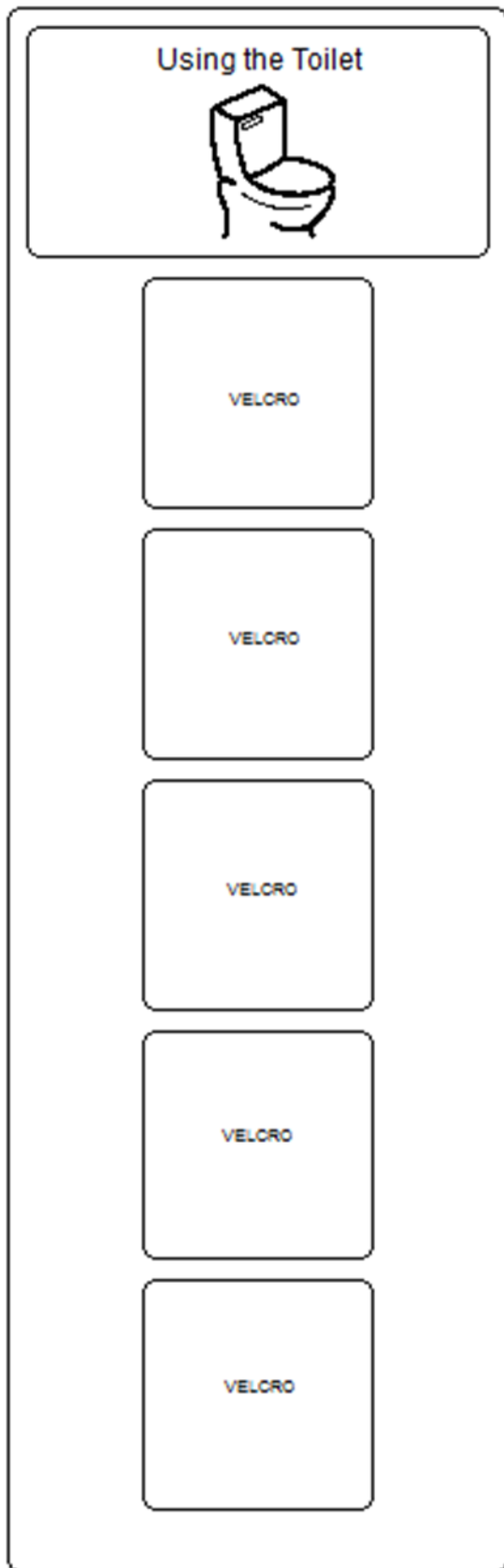
VELCRO

VELCRO

1. Cut out the symbols below
2. Choose the order that suits you and your child
3. Stick on using Velcro/ glue/ BluTac



TIP: your child might like to remove each picture after the task has been completed.




1. Cut out the symbols below
2. Choose the order that suits you and your child
3. Stick on using Velcro/ glue/ BluTac



TIP: your child might like to remove each picture after the task has been completed.

Washing My Hands



VELCRO

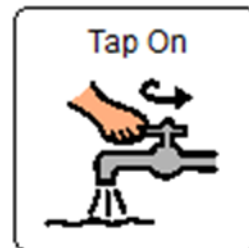
VELCRO

VELCRO

VELCRO

VELCRO

1. Cut out the symbols below
2. Choose the order that suits you and your child
3. Stick on using Velcro/ glue/ BluTac



TIP: your child might like to remove each picture after the task has been completed.

Morning routine

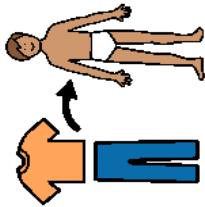
get out of bed



breakfast time



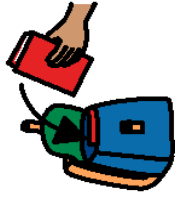
get dressed



brush teeth




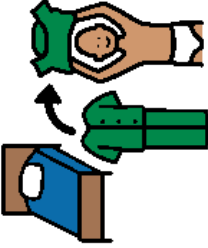
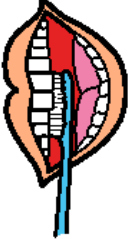
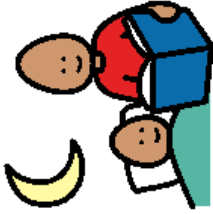
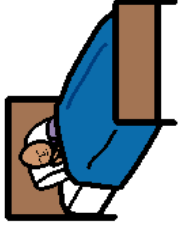
pack school bag



go to school






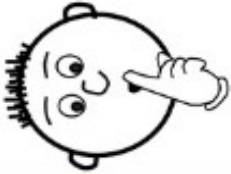

Night time routine

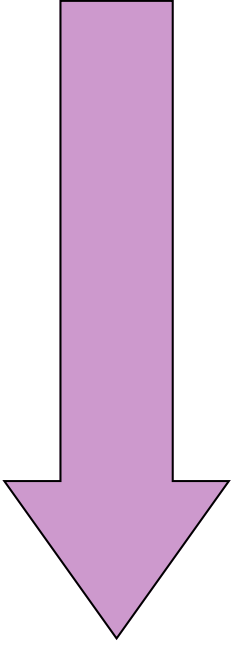
<p>Have a bath</p> 	<p>put on pyjamas</p> 	<p>brush teeth</p> 	<p>bedtime story</p> 	<p>sleep</p> 
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Reward chart

Task	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

TIP: Decorate the reward chart with your child's interests or turn it into a fun activity and have your child help you!

5	 <p>Screaming Emergency Voice Someone is hurt or you are in danger</p>	4	 <p>Outside Voice Play time voice. Cheering at a game.</p>	3	 <p>Classroom Voice Talking voice</p>	2	 <p>Whisper Soft voice / Library voice Working quietly.</p>	1	 <p>No Talking It's time to listen</p>
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A useful resource to use in school.

You could create one for home-use. Remember to use examples of different scenarios where your child will use different volumes of voice e.g. 'whisper when your sister is asleep, or she will wake up and cry'

Remember!!



Wash your hands!

TIP: use this poster somewhere visible in the bathroom if your child needs reminding to wash their hands.

