

DAILY LIFE

Visual Schedule Starter Pack

Printable picture cards for daily routines. Cut, laminate, build the day.

How to use this pack

Cut each card out and laminate if possible. Use velcro dots on a strip of card to build the day.
Predictability is regulation — visual schedules reduce transition stress for most autistic children.

Wake up <i>Sun</i>	Toilet <i>Toilet</i>	Wash hands <i>Tap</i>
Get dressed <i>Shirt</i>	Brush teeth <i>Toothbrush</i>	Breakfast <i>Bowl</i>
Shoes & coat <i>Shoes</i>	School <i>Building</i>	Snack <i>Apple</i>
Play <i>Bricks</i>	Lunch <i>Plate</i>	Outside <i>Tree</i>
Screen time <i>Screen</i>	Bath <i>Bath</i>	Pyjamas <i>PJs</i>
Story <i>Book</i>	Lights out <i>Moon</i>	All done <i>Tick</i>

Tip: build today's schedule together each morning. The act of placing the cards is regulating in itself.