

## TEACCH TIP #1- Visual Schedule

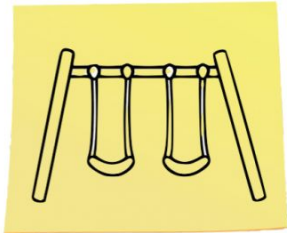
TEACCH TIP #1 is to use a visual schedule to explain what daily activities will be happening and where they will occur. Showing an individual with autism a daily schedule visually helps them to understand the sequence of activities throughout their day, including play time, academics, meals, chores, and other daily tasks. You can use objects, pictures, or written words, whichever method the individual best understands.

# OBJECTS



**First bathroom, then legos**

# PICTURES



# WRITTEN

## Sally's Morning Schedule

- Breakfast
- Yoga
- Math at table
- Playtime
- Lunch

### Helpful Hints

- Show them what's been done and what is still left to be done by removing or crossing off the activities once they're finished.
- Use the individual's specific interests in order to help them understand exactly when they will get to do their most favorite activity! This helps them to complete the other parts of their day, knowing when they will get to do their favorite things.

*In times of uncertainty, everyone benefits from predictability!*

Retrieved from: <https://teacch.com/resources/teacch-tips/teacch-tip-1-visual-schedule/>  
on 4/22/2020