Schedules and Routines

▶ Create a visual schedule. Use it consistently.
Visuals support children by providing a reminder of the upcoming activities.

▶ Keep your schedule simple.
An effective visual schedule reflects only the major events of the day.

▶ Balance activities throughout the day.
Have a mix of active/quiet activities and teacher-directed/child-initiated activities.

▶ Post your schedule.
Make sure children and adults can see the schedule throughout the day.

▶ Refer to your schedule often.
Children need the predictability of a routine and schedule.

▶ Provide individual schedules or schedules with activities.
Breaking down the steps of a routine—such as hand washing—or the parts of an activity help children know what is expected of them.

▶ Let children know when the schedule changes.
Provide reminders and visual cues when something different than the usual routine occurs.

Encourage children when they follow the schedule!