



## 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!

