

VISUAL SUPPORTS

Teachers and students use visuals all day in the classroom. We also use visual supports throughout our day. A planner, a clock, a sign on the street- these all help us understand or remember what to do. They can help us keep on track and visuals may also decrease the need to constantly repeat your instructions or reminders.

Visual supports can help you and your child come up with a plan for the day and stick to it. They can also help you communicate the steps in an activity or task. They can also help when you give your child a selection of tasks or fun activities to choose from.

More resources and information can be found at the following:

A simple explanation written up by an intervention specialist

<https://www.n2y.com/blog/visuals-at-home/>

First, Next, Then boards

https://adayinourshoes.com/wp-content/uploads/2017/10/first_next_then_boards.pdf

Easterseals Illinois Autism Partnership – School Closure Kit (visual schedule, choice boards, first/then)

https://qrcgcustomers.s3-eu-west-1.amazonaws.com/account4876975/6552095_2.pdf?0.11589340381807767



Examples of a schedule and choice list/board are found below. You can also write the schedule down or illustrate the schedule on a piece of paper. Writing it down allows you to check or take items off your list.

Daily Home Schedule		
7:00	BREAKFAST	
7:30	FREE PLAY	
8:30	LEARNING ACTIVITIES	
10:00	SNACK	
10:30	CRAFTS	
11:00	MOVEMENT ACTIVITIES	
11:30	STORY TIME	
12:00	LUNCH	
12:30	OUTDOOR PLAY	
1:30	LEARNING ACTIVITIES	
3:00	COOKING & SNACK	
4:00	GAMES & PUZZLES	
4:30	FREE PLAY	
5:30	DINNER	
6:00	FREE PLAY & TECH TIME	
7:30	BEDTIME ROUTINE	

Activity Ideas

LEARNING

- MATCHING
- COUNTING
- PREPOSITIONS
- COLOR/SHAPE ID
- PATTERNING
- LETTERS/NUMBERS
- DESCRIBING
- ORDERING BY SIZE
- RHYMING

CRAFTS

- COLLAGES
- PAINTING
- STICKERS
- KINETIC SAND
- CARDBOARD BOX CREATIONS
- SCRAPBOOKING
- BEADING
- SEWING

MOVEMENT

- DANCE PARTY
- GONDOLLE/FUN & FLUENCY (ONLINE)
- MOVEMENT SONGS
- OBSTACLE COURSE
- EXERCISES
- BRAIN BREAK ACTIVITIES
- YOGA POSES

FREE PLAY

- LEGOS/BLOCKS
- MAKE A FORT
- PUPPET SHOW
- DOLL HOUSE
- DRAMATIC PLAY
- BUILD A CITY
- SENSORY BIN
- CREATE A MAZE
- PLAY DOUGH

COOKING

- HOMEMADE PIZZA
- POPSICLES
- CEREAL BARS
- STOVETOP POPCORN
- PLAY DOUGH
- SLIME/OOBLECK
- APPLESAUCE
- JELLO/PUDGING
- FRUIT SALAD

STORY TIME

- STORYLINE ONLINE
- BOOKS ON TAPE
- PICTURE WALK
- FELT BOARD ACTIVITIES
- STORY RETELLING
- COMPREHENSION QUESTIONS
- STORY ELEMENTS

GAMES

- PUZZLE RACE
- PLAYING CARDS
- HIDE AND SEEK
- BOARD GAMES
- CHARADES
- FOLLOW THE LEADER
- SIMON SAYS
- ACTION IMITATION
- ISPY

OUTDOOR

- RIDE BIKES
- NATURE WALK
- SCAVENGER HUNT
- CHALK
- HOPSCOTCH
- BUBBLES
- JUMP ROPE
- SPORTS/RACES
- TAG

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