

# SCHEDULE IDEAS

These are examples of different schedule styles educators and parents have used to support independence for neurodivergent children.

## EXAMPLE:

The *This Is What We Do* chart can be a good schedule to establish family routines, a sense of community in a classroom, and group systems. Using pictures and words to establish a series of steps you can begin to build consistency and routine while leaving timeframes flexible. Check marks show completion and accomplishment.

At night, this is what I do ...		All Done! ✓
eat dinner		
free time		
take a bath or shower		
brush my teeth		
put on pajamas		
read a book		
go to sleep		

## EXAMPLE:

The *Color-Coded Clock Schedule* uses color and the clock face to break tasks down into timed segments. This may be effective for older children or adults. The colored segments on the clock help the individual work on time management and independence by completing tasks and activities within a set timeframe. Motivationally, it is easy to see a clear beginning and end to tasks that may not be favored, such as homework, while favored tasks show more allotted time.

