

TOKEN SCHEDULES

Use schedules. People with autism may find change challenging. Make a schedule of daily and upcoming events and stick to it. Many children will benefit from a written or visual schedule in which they can have active participation to check off items they've completed or earn stars, stickers, or points and see their accomplishments. Celebrate each accomplishment! Make the last item in the schedule an activity or reward that your child enjoys.

EXAMPLE:

Day	Goal
Use schedules.	
★ <input type="checkbox"/>	<input type="checkbox"/>
★ <input type="checkbox"/>	<input type="checkbox"/>
★ <input type="checkbox"/>	<input type="checkbox"/>
★ <input type="checkbox"/>	<input type="checkbox"/>
★ <input type="checkbox"/>	<input type="checkbox"/>
	(A Favorite Activity Here)

EXAMPLE:

MONDAY

GOAL TODAY
4 stars



School bus



School



Home



Play Outside!

(A Favorite Activity Here)

