

Using Picture Symbols In a Visual Schedule System To Encourage Independence!

Possible Usage Suggestion Only Actual usage will vary dependent on a user's abilities and disabilities.

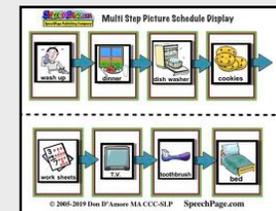
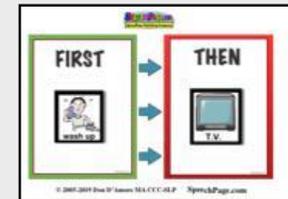
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HELP SHEET**

THE BENEFITS OF A PICTURE SCHEDULE: *Some individuals have difficulty with following the order of the events of their day. A visual schedule can help to make the ideas of the daily routine more understandable to students who have difficulty with abstract concepts. A visual schedule breaks down the individual tasks into steps that are represented with visual pictures, which are better understood by those who have stronger visual learning skills. Schedules are a common part of most peoples' day. The use of a visual schedule allows for a student to learn to independently follow the routines needed in their day just like everyone else!*

HOW TO BEGIN: If your student is not familiar with schedules, the ideas of the schedule may need to be taught to them in a gradual manner. It is often best to start with the two-step of schedules and then work towards more schedule cards being displayed. Point to the pictures as you display them to the person, and tell them what they represent as you assist them with the routine. For example you may say: "FIRST we are going to wash up, THEN we can watch some TV." This helps convey the ideas that they will be able to watch T.V., but that washing up does happen first. Anxiety is reduced as they realize they will eventually get to their desired activity (watching T.V.) after they go through the part they may not have been interested in performing (washing up). Like most new concepts, the ideas of a picture schedule do have to be taught, and the effectiveness of it should increase over time.

It is a good idea to begin with more pleasant activities in a schedule so that the individual sees it as something in which they are wanting to participate. For example perhaps use two desired items such as FIRST: "Fruit", THEN: "Game". As the idea of following the picture schedule become better understood, other 'less desired' daily routines can be added to the first location. For beginning users it might be helpful to bring the schedule cards to the events they represent. For example you may take the "Art" card with you and the students the first few times they go to Art Class. More schedule picture items can be added in the sequence after the person understands the two-picture symbol display. Eventually a series of schedule pictures can be displayed working in more concepts of the daily routine that may not be as highly desired. An example of a longer schedule might be: "Wash Up", "Dinner", "Dish Washer", "Cookies", "Work Sheets", "T.V.", "Toothbrush" and "Bed". Having the most desired part of the routine placed in a special spot on a longer schedule can help the user understand what they are working towards overall.

Make the use of the schedule system a reinforcing experience! The students will be more inclined to want to begin to complete a schedule that has rewarding and desired outcomes at the end of tasks that are less desired.

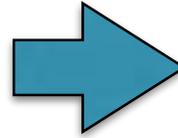
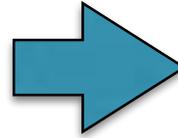
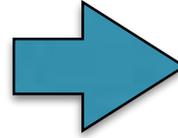


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FIRST



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THEN



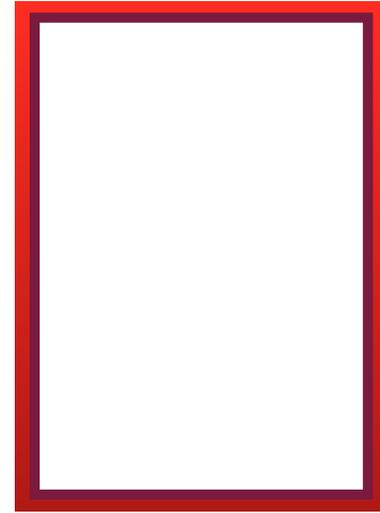
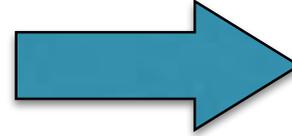
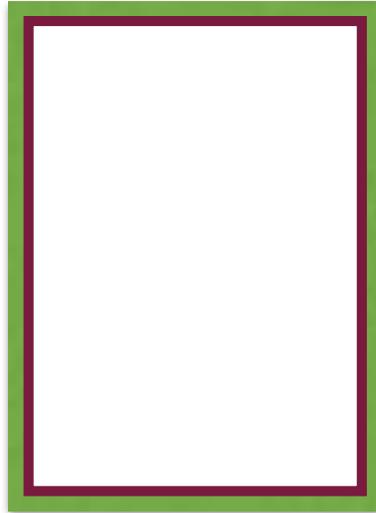
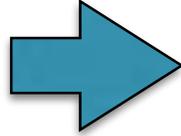
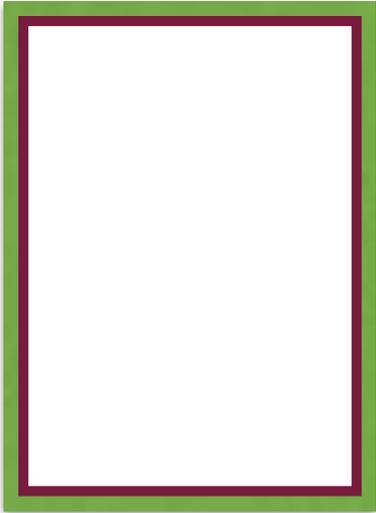
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FIRST



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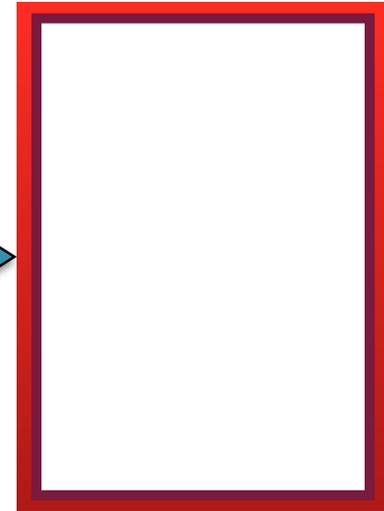
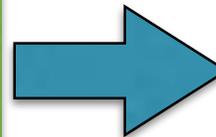
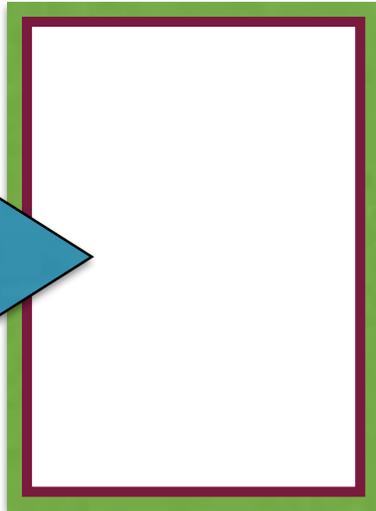
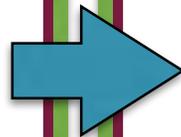
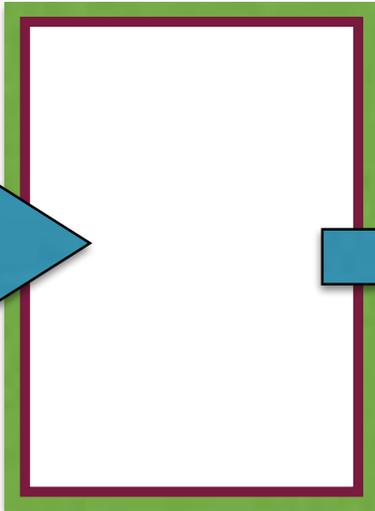
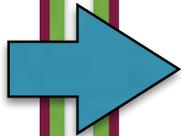
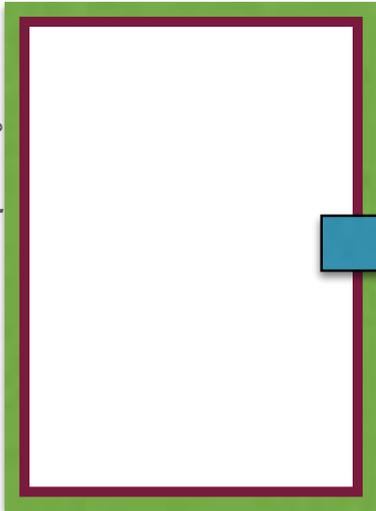
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FIRST



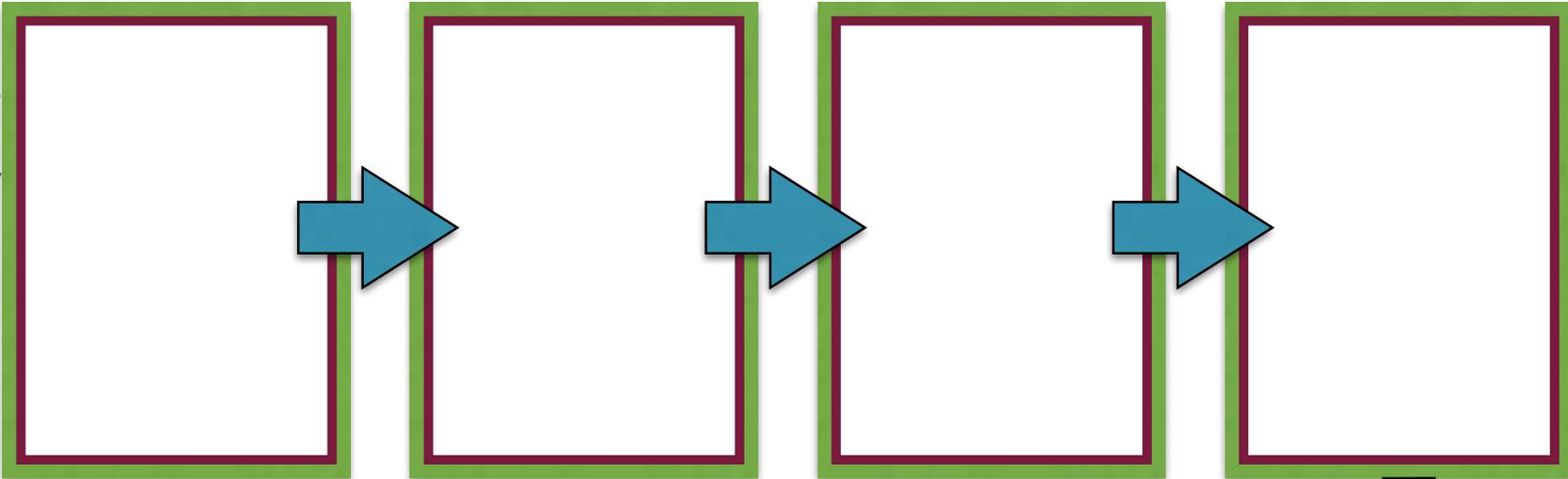
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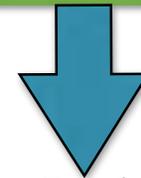


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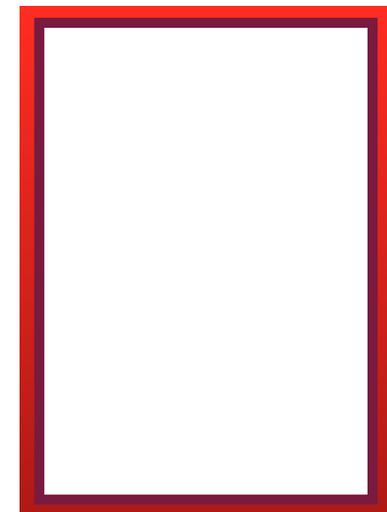
FIRST



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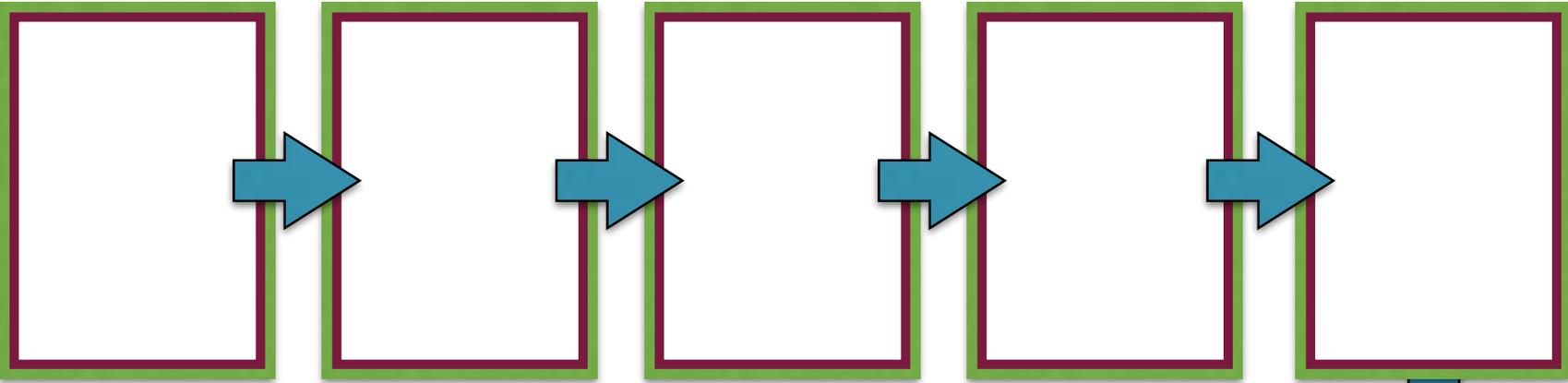


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My Reward Chart

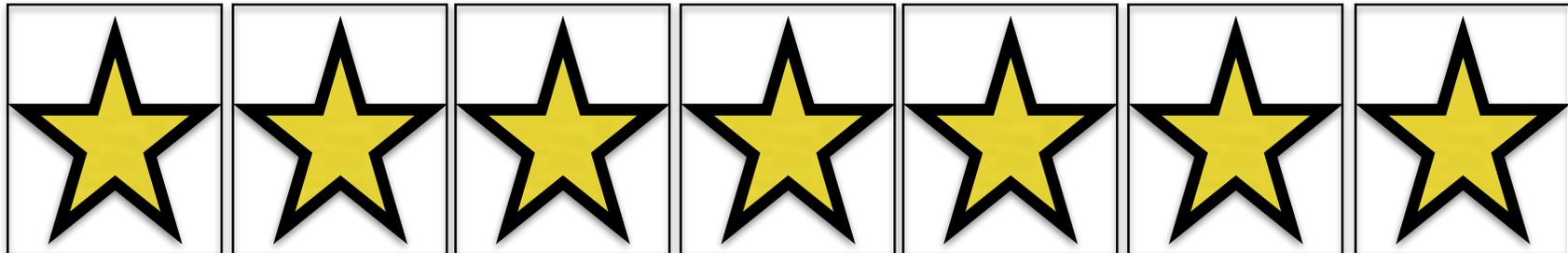
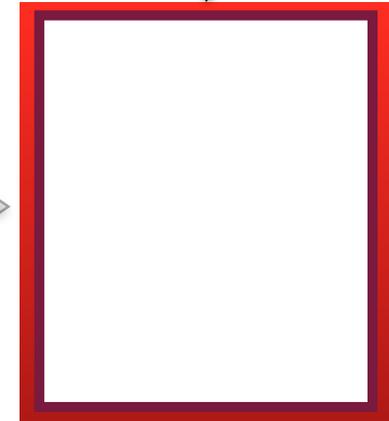
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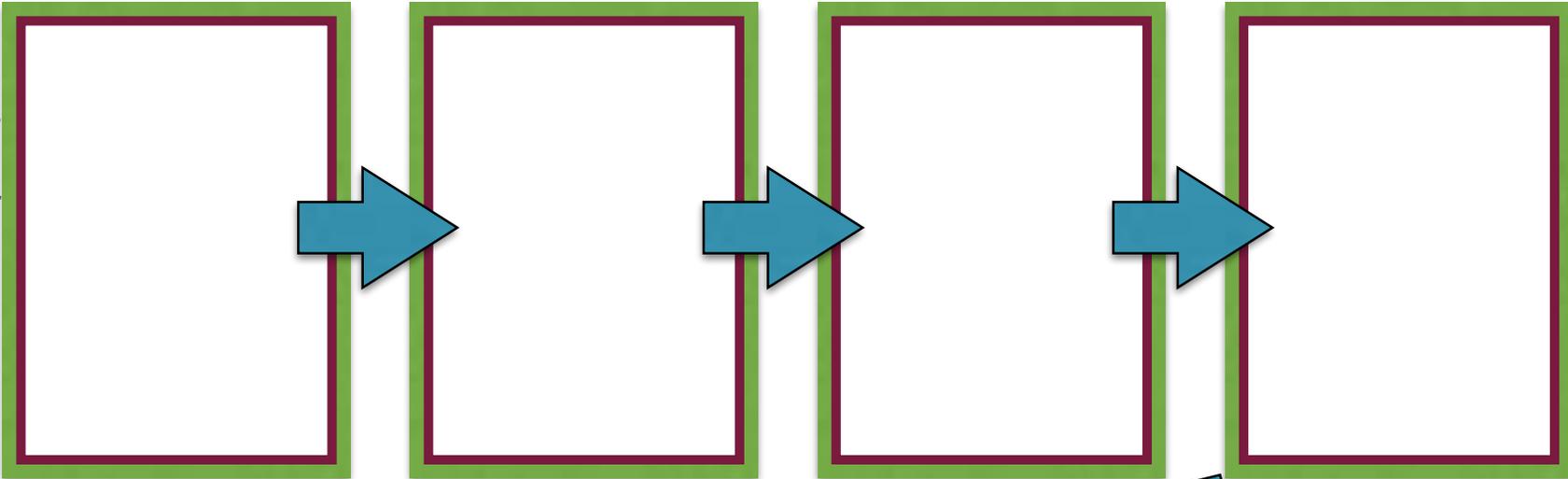


I am working
for this:

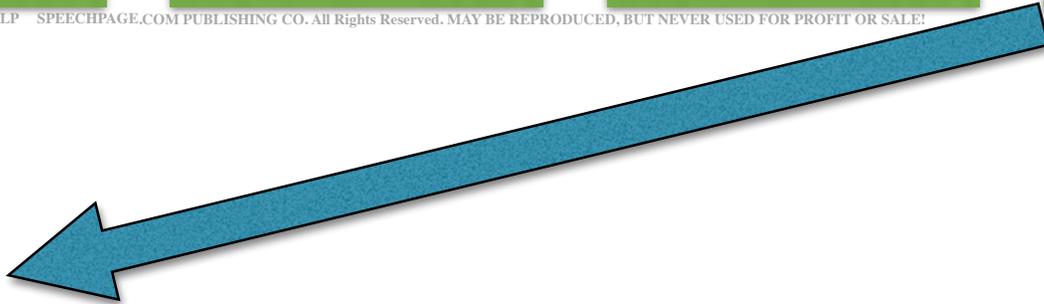


FIRST

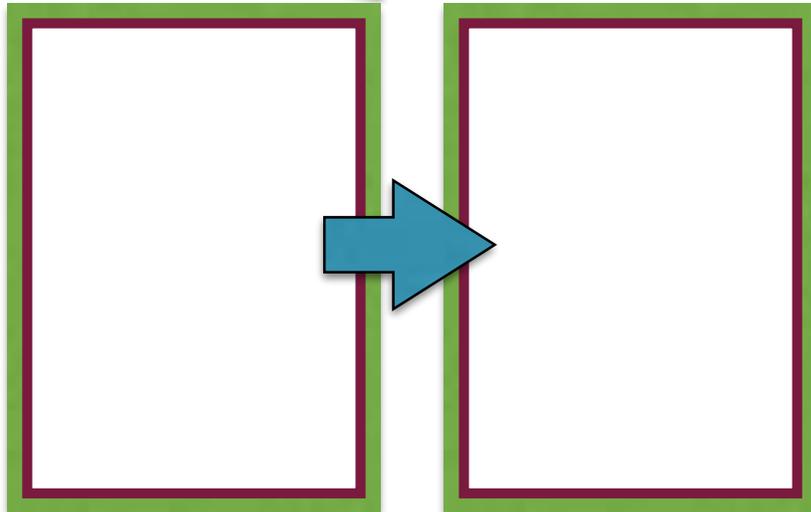
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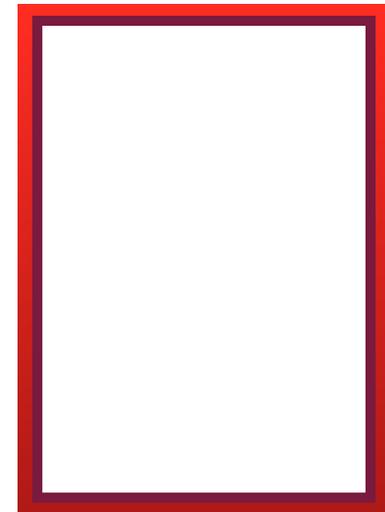
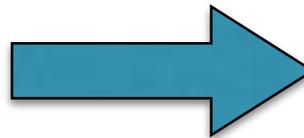
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THEN



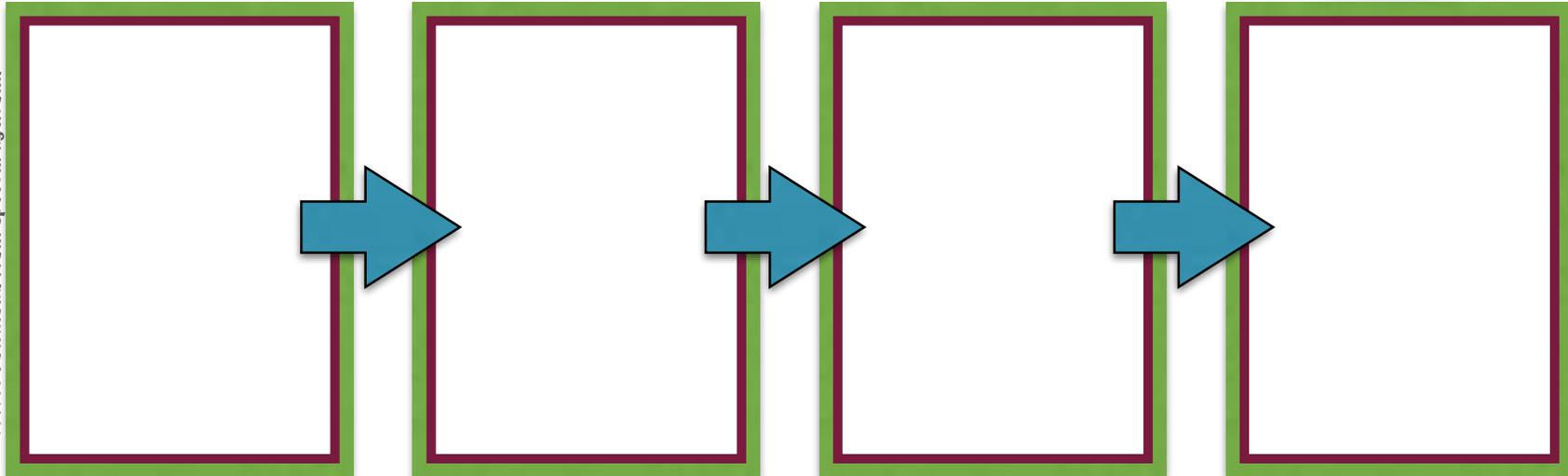
I am
working
for this:



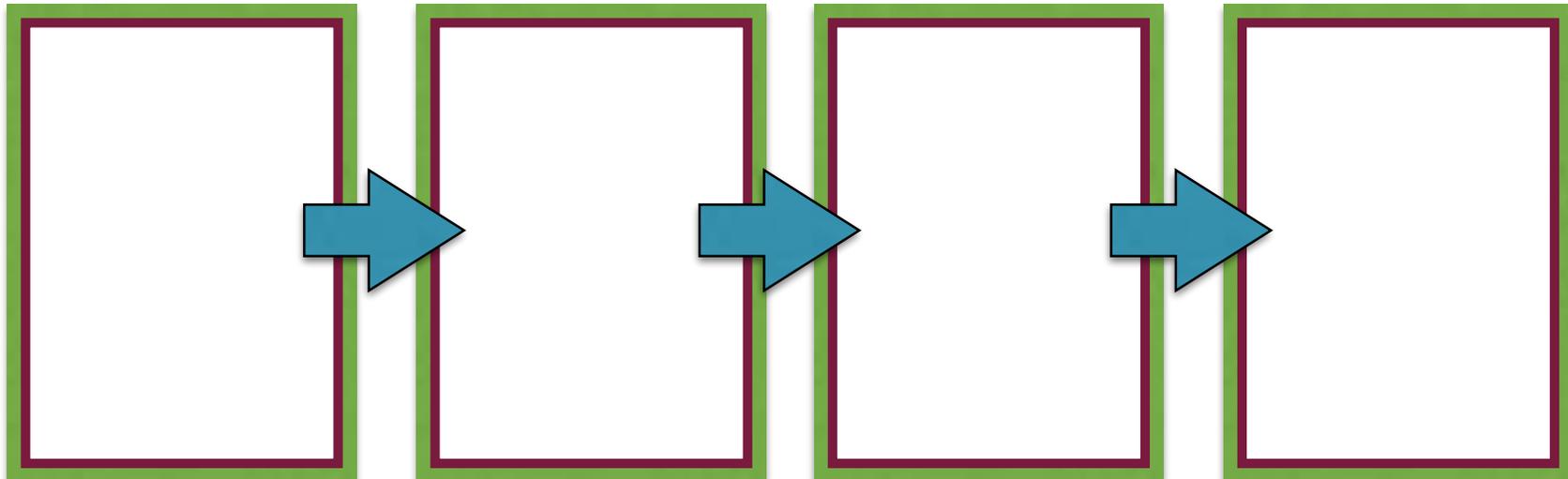
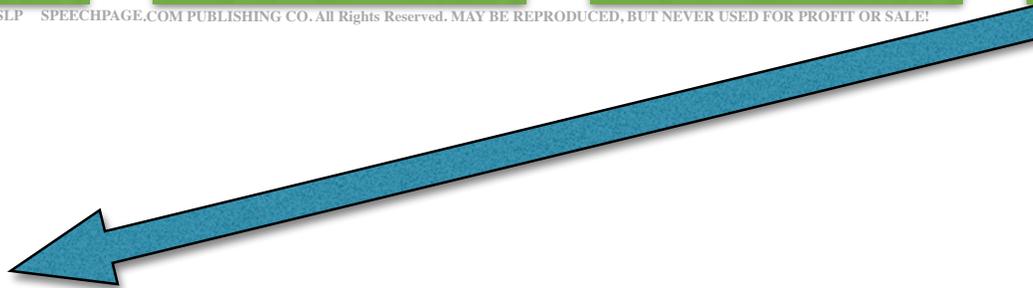
8 Step Picture Schedule Display



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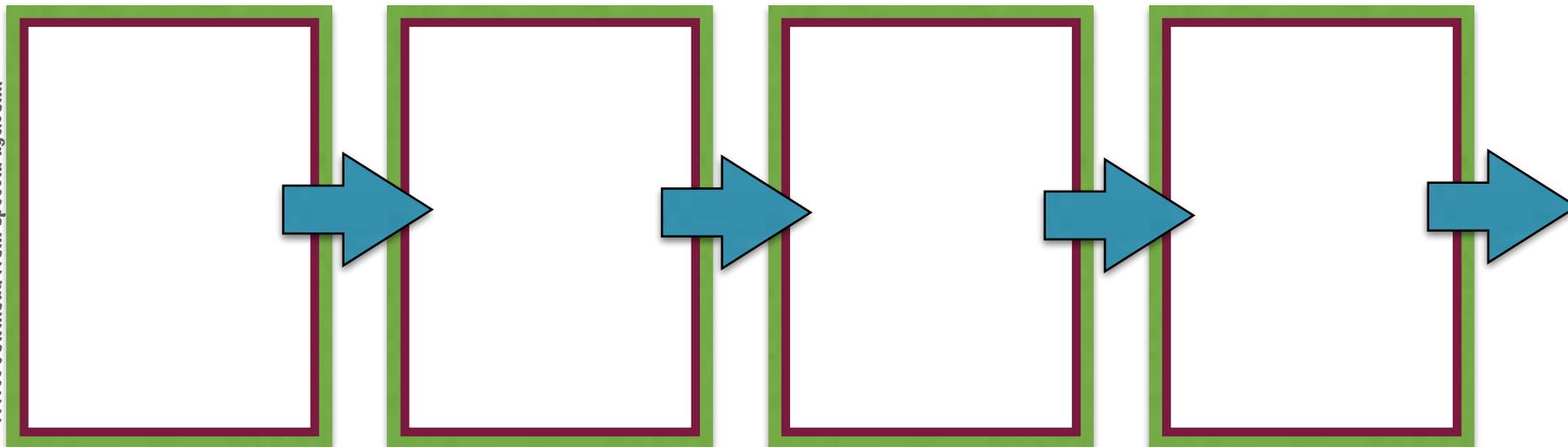
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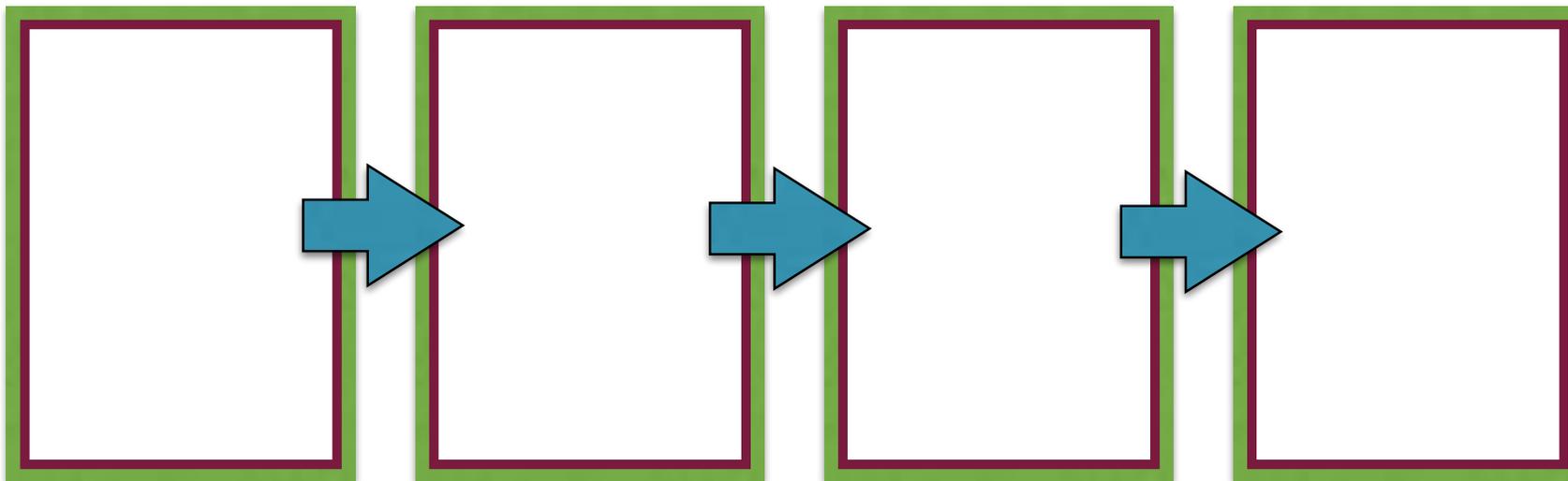
Multi Step Picture Schedule Display

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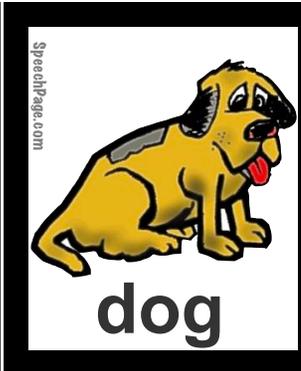
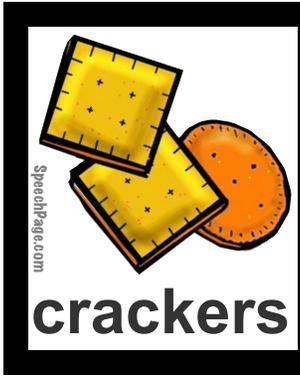
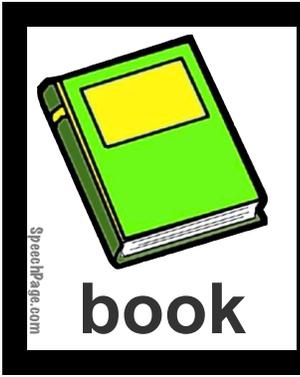
TIP: CUT THIS PAGE INTO STRIPS AND TAPE TOGETHER INTO A LONG ROW. DUPLICATE AS NEEDED CONNECTING THE STRIPS INTO A LONGER SCHEDULE ROW.



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Using Picture Symbols In a Visual Schedule System To Encourage Independence!

Possible Usage Suggestion Only. Actual usage will vary dependent on a user's abilities and disabilities.

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Tips On Incorporating Visual Schedules:

- The schedule can be displayed in many ways such as on the many blank count templates included. They may be attached with velcro or tape on the back. Cards will last longer if they are heavy duty laminated.
- The ideas of the subjects on the schedule can be discussed as part of a “morning circle- daily discussion” routine to instill the concept of the day’s timeline.
- In the beginning you may need to point to the pictures on the schedule with them and explain the steps. It would be desired that the students eventually check and use their schedule on their own. A verbal prompt to the user might be: “Check the schedule”.
- Allowing the students to remove the schedule card when the step is completed may be helpful to many. The idea is to allow more focus on what comes next, as well as the satisfaction of experiencing first hand the signified completion of the step. You could add an envelope to the schedule to place cards in it as they are completed. Many students enjoy the satisfaction of the removal and storage of the cards when the task is completed.
- Try to be consistent and reliable with usage to allow the students to understand the system. Allow for changes and updates as the students grow in skills.
- A long strip of schedule cards can be displayed for the student that is capable of following the longer sequence.
- Consider incorporating social interactions such as “Say good morning” and “Lets talk about ...” etc. which can add social language interaction time to the day.
- Changes in the routine may be particularly disruptive. Having a symbol for disruption such one that says “CHANGE” can help the individual know there is a difference in the routine but the schedule they knew will continue afterwards.

REWARD CHART: “I’m working for...” Reward Chart is included. After laminating the page the stars cut out on the bottom could be used as velcroed reward tokens for completing tasks (or steps of tasks) appropriate to the student’s abilities for goal rewards.

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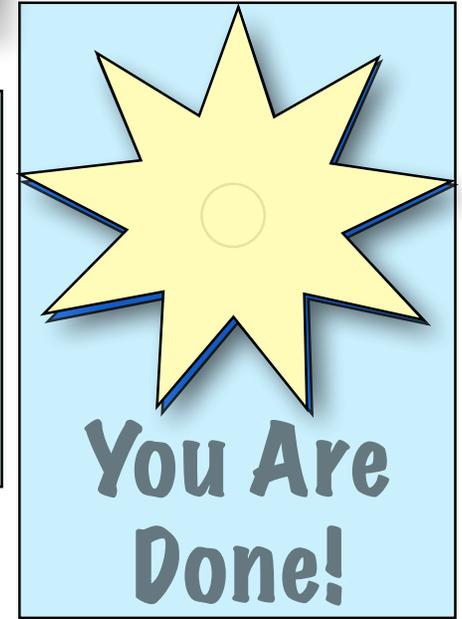
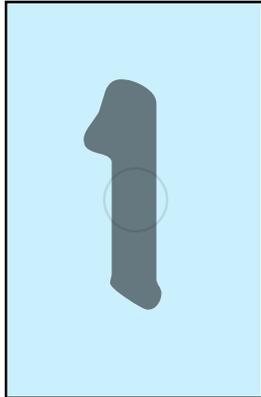
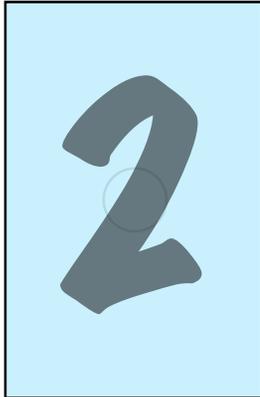
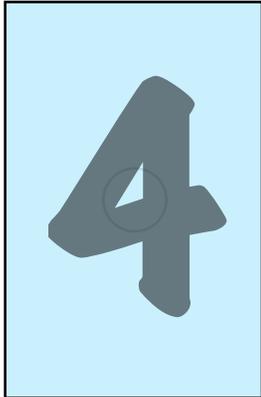
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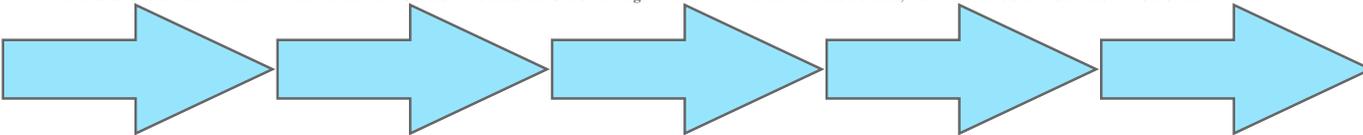
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Countdown Reward Chart!

GOAL!

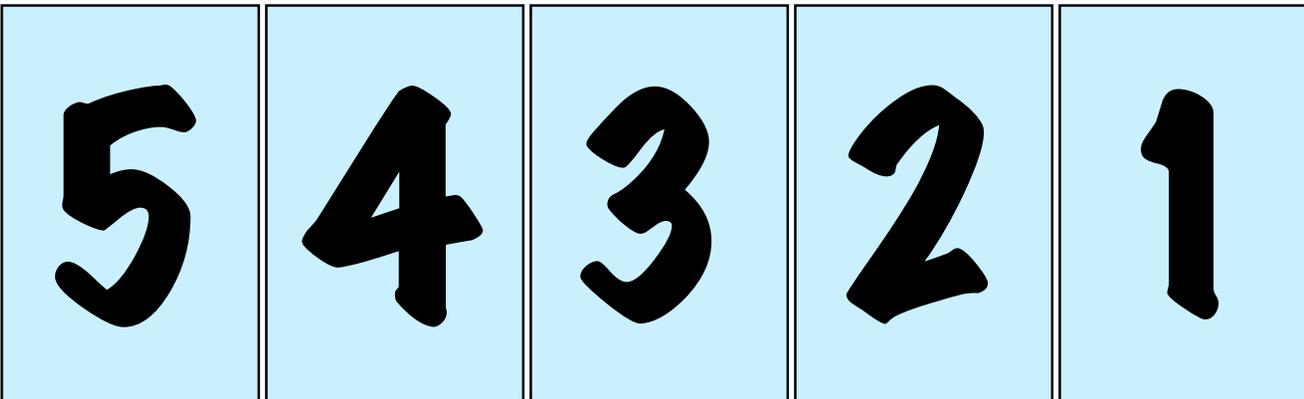


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Possible Usage Suggestion:
Laminate Page. Cut off top half of chart.
Cut out five countdown cards on bottom half.
Attach hard (hook) velcro to back of countdown
cards and matching soft (loop) velcro to
countdown chart. Attach matching cards. Write
a reward w/ dry erase pen (or velcro a picture)
on the goal star. User removes (or adds) the five
cards one at a time as targets are met.
OPTION: Use a dry erase marker to cross off
numbers on chart instead of card use.



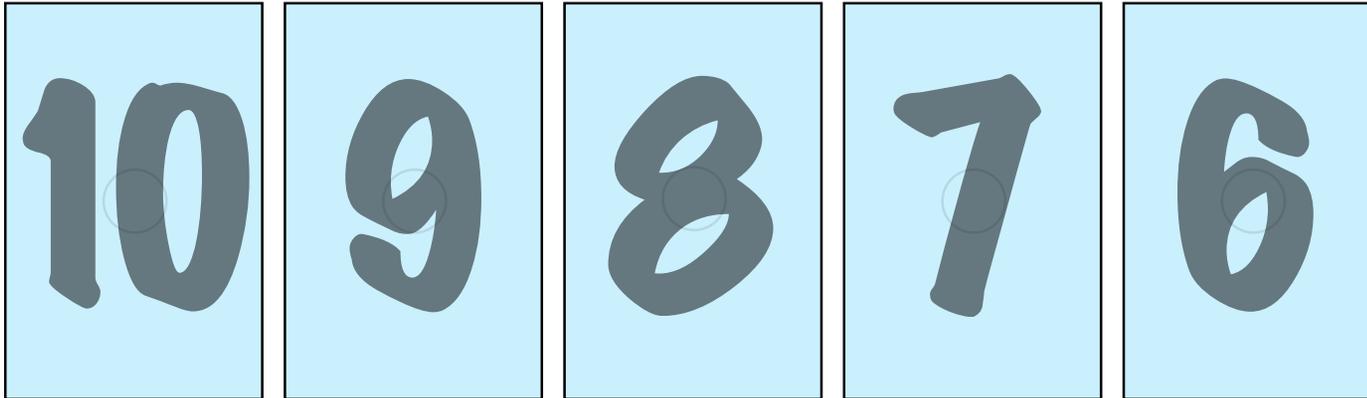
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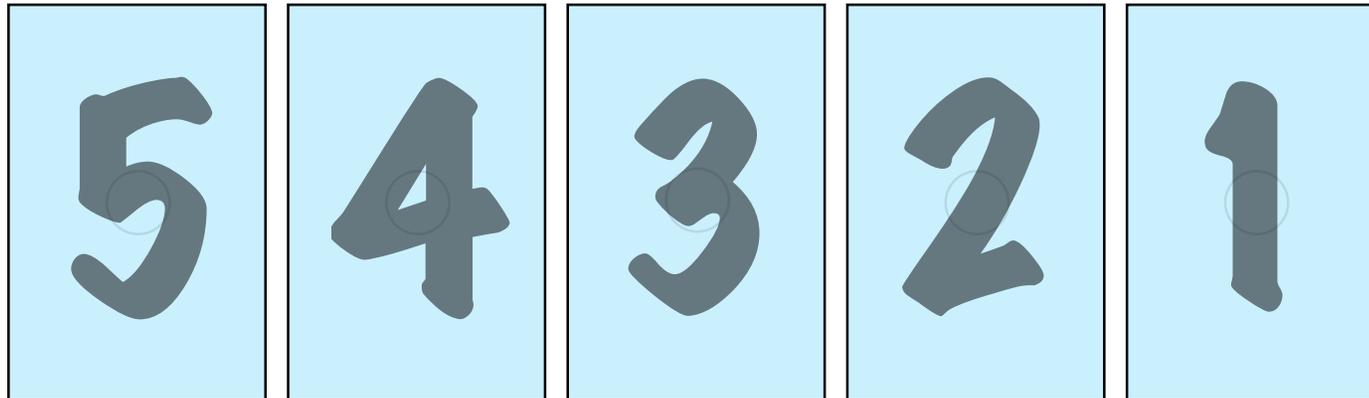
(Possible Suggestions Only. Please consult with an experienced professional regarding appropriateness & base usage on the abilities of each individual user.) **Ready-Made & Ready-**

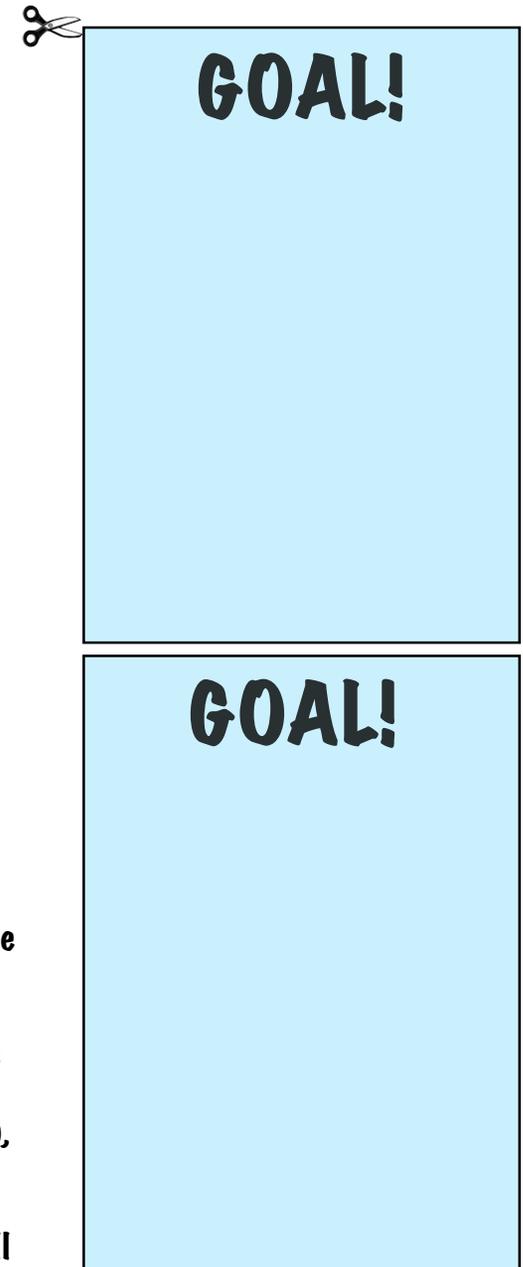
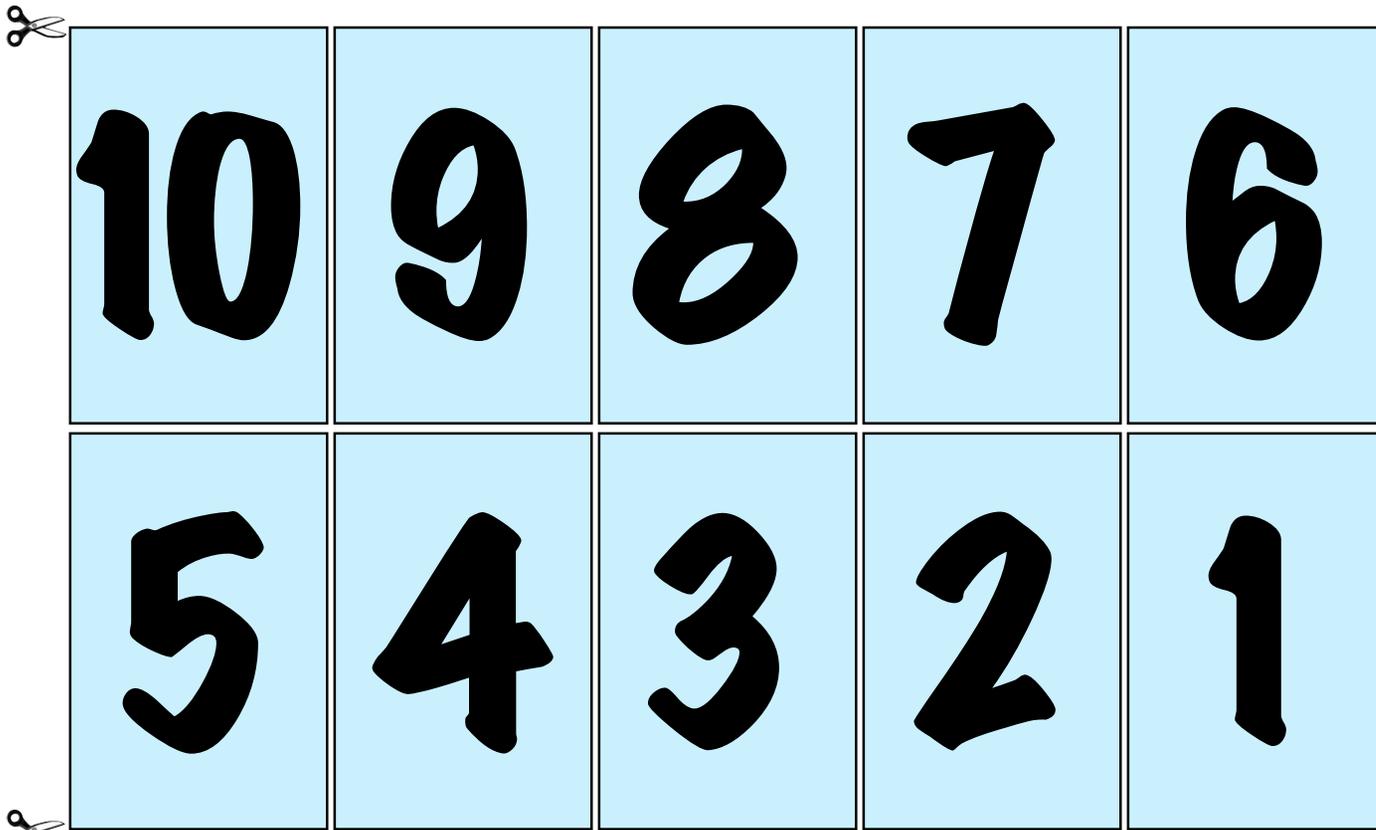


Countdown To Reward Chart!



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Possible Usage Suggestion:

Laminate Pages. Cut out ten countdown cards this page. Attach hard (hook) velcro to back of countdown cards and matching soft (loop) velcro to countdown chart. Attach matching cards. Write a reward (or velcro a picture) on the goal star. The instructor may show the student how the countdown works the first few times by taking away the number cards for the student as work is completed. Student with guidance or the instructor removes the ten cards one at a time as targets are met. OPTION: Use a dry erase marker to cross off numbers on chart instead of card use.

How this can be helpful: Some students may have difficulty staying on task (or completing a task), as it may seem to them that the task is taking too long and/or does not seem to have an end. This countdown to finish/reward card provides a visual strategy in which the student can see the task going away and thus helping the student to understand that the task will end when the cards are all removed. OPTION: Write &/or draw a goal on the optional goal cards if needed for extra motivation.

Completion Goal Suggestions may include: Free Time, Coloring, Read A Book, Game, Etc.



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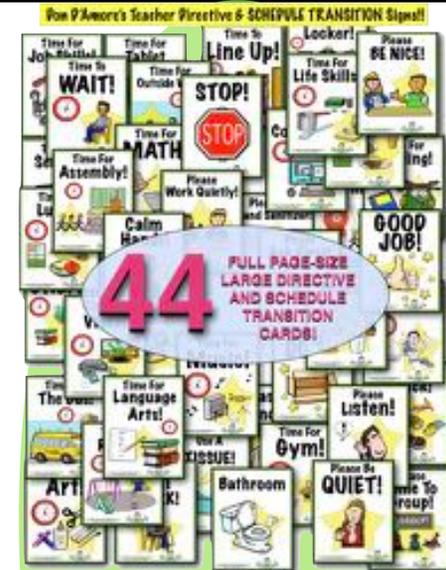
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