

# VISUAL TIMETABLES

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How to use them at home

# Symbol Support

## Visual messages are easier to understand because:

- ✓ They last longer
- ✓ They are easily recognized
- ✓ They are easily understood
- ✓ They catch attention
- ✓ Universally understood

Eg. Toilet - word, sign, **visual**

## Visual messages make it easier for someone to express themselves because:

- ✓ They supplement speech if it is difficult to understand
- ✓ They assists others to understand speech
- ✓ They promote communication success
- ✓ They reduce frustration by allowing a child to express needs

# Symbol Support can help students....

- Reduce anxiety and confusion
- Cope with change
- Follow routines (it helps them feel secure)
- Teach about changes in routine – transitions- can help child exercise choice and control
- Make beginnings and endings of tasks clear
- Assist with breaking large tasks into small steps
- Help children attend to what you are saying and to block out background noises
- Express themselves – e.g. “I need a break” when they are feeling overwhelmed

# Examples of Symbol Support

## Visual Timetable

- Shows the days activities
- Enables individual to begin to understand concept of 'finished'
- Encourages independence
- Can be used to support individual, group or whole class

## Visual Schedule

- Describes specific actions required to complete a task
- Individual and meaningful
- Easily accessible for student
- Helps support sequencing

# How to use a visual timetable at home

[Making a Daily Visual Schedule - YouTube](#)



# How to use symbols at home

- Create your own visual timetable to allow your young person understand what will happen throughout the day (see attached resources to help you)
- Have break/help symbols available throughout the house to enable your child to indicate when they might need a time out.
- Use visual schedules for everyday activities which your child needs support with to be independent e.g. teeth cleaning and hand washing
- Some free resources can be found on <http://www.starsteam.org.uk/coronavirus-resources> and <https://www.symbolsforall.org.uk/downloads/>
- Whatever you choose to use try to make sure it is portable, durable, easy to find, personalised and consistent

# Help available

- If you need additional help or support to implement visual timetables at home please contact your class teacher or myself:
  - Shelley Soni (Speech and Language Therapist)
- Good luck 😊