

Visual Schedule Autism

LEISURE ACTIVITIES

Leisure Activities

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|-------------------------------------|--|
| ☐ Play | ☐ Ball |
| ☐ Outside | ☐ Listen to music |
| ☐ Watch TV | ☐ Arts and Crafts |
| ☐ Draw | ☐ Game |
| ☐ Read | ☐ Computer |
| ☐ Toys | ☐ Lego |
| ☐ Video game | ☐ Puzzle |
| ☐ iPad | |

HELPING OUT TASKS

Helping out tasks

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| ☐ Make the bed | ☐ Tidy up |
| ☐ Vacuum | ☐ Sweep |
| ☐ Empty the bin | ☐ Wash the dishes |
| ☐ Dry the dishes | ☐ Load the dishwasher |
| ☐ Empty the dishwasher | ☐ Put dishes away |
| ☐ Sort clothes | ☐ Fold clothes |
| ☐ Put clothes away | ☐ Cooking |
| ☐ Sort the recycling | |

DAILY SCHEDULE

Daily schedule

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| ☐ Breakfast | ☐ Bathroom |
| ☐ Brush teeth | ☐ Snack |
| ☐ Lunch | ☐ School work |
| ☐ Nap time | ☐ Relax |
| ☐ Dinner | ☐ Jobs |
| ☐ Shower | ☐ Bath |
| ☐ Get dressed | ☐ Put on pyjamas |
| ☐ Bed time | |

SENSORY

Sensory

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| ☐ Bubble tube | ☐ Disco ball |
| ☐ Tickle | ☐ Shaving cream |
| ☐ Play Doh | ☐ Spin |
| ☐ Hugs and squeezes | ☐ Dance |
| ☐ Dark glasses | ☐ Massage |
| ☐ Pop bubbles | ☐ Blow bubbles |
| ☐ Ice pack | ☐ Hot water bottle |
| ☐ Bubble bath | ☐ Bubble wrap |
| ☐ Sensory box | ☐ Swing |
| ☐ Guess the smell | ☐ Feather duster |
| ☐ Headphones | ☐ Massage ball |
| ☐ Brush | ☐ Slime |
| ☐ Weighted blanket | ☐ Water play |
| ☐ Trampoline | ☐ String |
| ☐ Bean bag | |

MOVEMENT

Movement

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|---------------------------------------|--|
| ☐ Stretch | ☐ Dance |
| ☐ Walk | ☐ Trampoline |
| ☐ Skipping | ☐ Hop on the spot |
| ☐ Ride my bike | ☐ Ride my scooter |
| ☐ Ball skills | ☐ Swing |
| ☐ Play outside | ☐ Jump jam |
| ☐ Yoga | ☐ Walk dog |
| ☐ Run | |