



Create a Schedule

Visual supports can help students understand a basic schedule and create routines during this unusual school year. Often students with autism have trouble understanding the abstract concept of time which can lead to confusion and/or stress about when they will see familiar people, complete preferred activities, and finish tasks. Expectations may be confusing during this time of online learning during which your child may complete all of their learning at home, go to school on an irregular schedule, or go to a new or different location for online learning support. Having a monthly, weekly, and/or daily schedule can help manage some of the uncertainty.



Countdowns, checklists for tasks, and timers can be used as visual supports for within a task or activity. These help your child to understand what is expected for certain learning times and when learning times will be finished. Making time a more concrete concept throughout the day may decrease uncertainty during online learning.

Resources include:

- Countdown Example
- Visual Timer
- Timer Apps
- Daily Schedule Template
- Daily Schedule Example
- Daily Schedule Example Using Stickie Notes
- Morning Meeting Checklist Example
- Guided Reading Time Checklist Example
- Math Time Checklist Example
- Monthly Schedule Template
- Monthly Schedule Example
- College Weekly Schedule Template
- College Weekly Schedule Example

Countdown Example



5



4



3



2



1



Power Off

Visual Timer Using Stickers



Timer Apps



Childrens
Countdown
Timer

Free
(in-app \$)



Visual Timer

Free
(in-app \$)



Stopwatch Timer

Free
(in-app \$)



Kids Timer+

\$0.99



Stopwatch &
Timer+

\$4.49



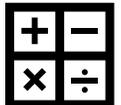
Tabata Timer

\$2.00

Daily Schedule Template

Task	Done

Daily Schedule Example

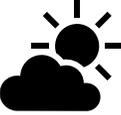
Task	Done
 Morning meeting	
 Work alone - math	
 Small group	
 Eat Lunch	
 Work alone - ELA	
 Exercise (30 minutes)	

Pictures from Microsoft Word Icons

Daily Schedule Example Using Stickies

Task	To Be Done	Done
<i>Class meeting on computer</i>		
<i>Work independently</i>		
<i>Eat lunch</i>		
<i>Break & Free choice</i>		
<i>Small group meeting on computer</i>		
<i>Work independently</i>		

Morning Meeting Checklist Example

Task	Done
 Login	
 Wave 'Hello'	
 Sing 'Good Morning' song	
 Weather check	
 Answer daily question(s)	
 Wave 'Goodbye'	
 Snack time	

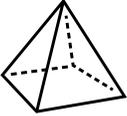
Pictures from Microsoft Word Icons

Guided Reading Checklist Example

Task	Done?
 Login	
 Watch lesson	
 Read independently	
 Complete reading assignment	
 Reflect/Practice writing	
 Free choice	

Pictures from Microsoft Word Icons

Math Time Checklist Example

Task	Done?
 Login	
 Watch lesson	
 Complete computer activity	
 Complete math assignment	
 Practice	
 Free choice	

Monthly Schedule Template

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Monthly Schedule Example

September						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1  Learn from Home	2  School	3  Learn from Home	4  Learn from Home	5  Home
6  Home	7  No School	8  Learn from Home	9  School	10  Learn from Home	11  School	12  Home
13  Home	14  School	15  Learn from Home	16  School	17  Learn from Home	18  Learn from Home	19  Home
20  Home	21  School	22  Learn from Home	23  School	24  Learn from Home	25  School	26  Home
27  Home	28  School	29  Learn from Home	30  School			

Weekly Planner Template for College Students

WEEK OF:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM							
10:00 AM							
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10:30 PM							
11:00 PM							
NOTES:							

Weekly Planner Example for College Students

WEEK OF: August 31, 2020									
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
7:00 AM									
7:30 AM									
8:00 AM	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST				
8:30 AM									
9:00 AM	English 101	English 101	English 101	Walk	English 101				
9:30 AM	Zoom	Assignment	Zoom		Zoom	BREAKFAST	BREAKFAST		
10:00 AM					English 101	Laundry	Walk		
10:30 AM					Assignment				
11:00 AM	Psychology 103	Statistics 150	Statistics 150	Statistics 150					
11:30 AM	Watch Recording	Assignment	Watch Recording	Assignment	Catch Up				
12:00 PM					Assignment				
12:30 PM					Study				
1:00 PM	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH		
1:30 PM						Work			
2:00 PM	Music 210		Music 210	Music 210	Psychology 103				
2:30 PM	Zoom		Zoom	Assignment	Study				
3:00 PM		Statistics 150						Statistics Zoom	
3:30 PM		Zoom-Office Hours		Grocery Store					Study Group
4:00 PM	Psychology 103		Psychology 103		Psychology 103				
4:30 PM	Study		Study		Weekly Quiz				
5:00 PM									
5:30 PM									
6:00 PM	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER		
6:30 PM									
7:00 PM		Virtual Game Night		Work	Movie Night				
7:30 PM									
8:00 PM									
8:30 PM									
9:00 PM									
9:30 PM									
10:00 PM									
10:30 PM									
11:00 PM									

NOTES: