



VISUAL SUPPORTS

Visuals can offer predictability and promote understanding even in the midst of a chaotic and uncertain time. Using a visual schedule, First/Then, or a visual reminder about the steps of a task can help orient someone to the next activity(ies) and provide a familiar routine. Offering choices, when possible, can also embed a sense of control during a time of crises. Choices can relate to HOW an activity is completed (e.g., wash your right hand or your left hand first) or WHAT is completed (eat your cracker or your fruit; sing this song or that song) even when there is little option for choice about the activities that must occur.



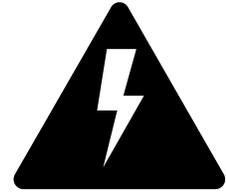
RESOURCES INCLUDE:

- What To Do If I Am Hurt
- Daily Schedule: Template I
- Daily Schedule: Example
- Daily Schedule: Template II
- Choice Board: Exercise Activities
- Choice Board: Daily Activities I
- Choice Board: Daily Activities II
- First/Then Template
- Daily Routine: Going to the Bathroom
- Daily Routine: Getting Dressed



WHAT TO DO IF I AM HURT

1. Check for additional dangers (falling objects, live wires, broken glass)

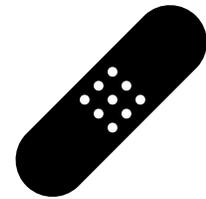


2. If possible, call an emergency number
OR

3. Let a nearby adult know that you are injured. If it is a severe injury or you cannot move, call out for help, or repeatedly tap on a nearby object to gain someone's attention



4. If you are bleeding, if possible, find a clean cloth to cover the wound and apply pressure to stop the bleeding



5. If you have a burn, if possible, rinse the burned area with cool water for 15 minutes, then cover with a clean cloth



6. If you have a broken bone, gently place the bone between two non-flexible objects (wood) and tie in place with a clean cloth



7. Find a safe area to wait for help





DAILY SCHEDULE TEMPLATE I

Activity	Done





DAILY SCHEDULE EXAMPLE

Activity	Done
 Wake Up	
 Brush Teeth	
 Get Dressed	
 Eat Breakfast	
 Read (30 minutes)	
 Exercise (30 minutes)	

EXERCISE ACTIVITIES



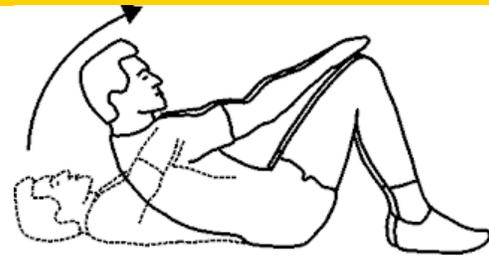
Lift weights



Wall push-ups



Dance



Sit-ups



Climb stairs



Walk up/down a hallway

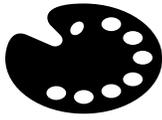


Yoga



Jump rope

DAILY ACTIVITIES I



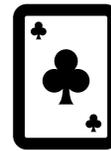
Create art/crafts



Play board games



Write



Play cards



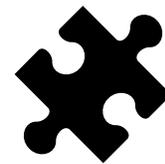
Read



Talk



Knit/Crochet/Sew



Work on a puzzle



Put on a play



Exercise

DAILY ACTIVITIES II



Play with toy vehicles



Watch birds



Brush teeth



Get dressed



Gaze at the stars



Make silly faces



Eat a snack



Sleep



Use bathroom



Brush hair



FIRST/THEN BOARD

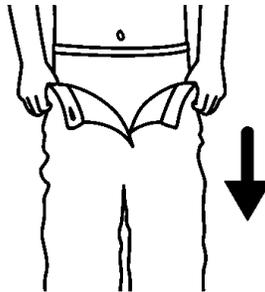
First	Then

VISUALS FOR DAILY ROUTINES: BATHROOM

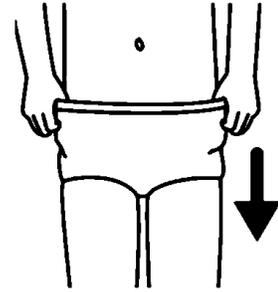
1. Go into the bathroom and close the door.



2. Pull pants down.



3. Pull underwear down.



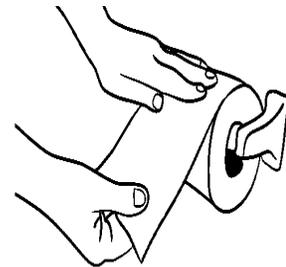
4. Sit on toilet.



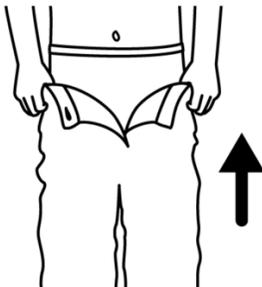
5. Go to the bathroom.



6. Wipe with toilet paper.



7. Pull pants and underwear up.



8. Flush toilet.

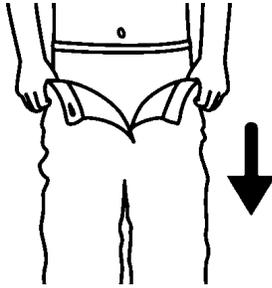


9. Wash hands in sink and dry them with a towel.

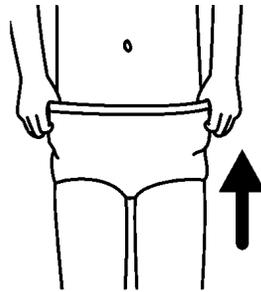


VISUALS FOR DAILY ROUTINES: GETTING DRESSED

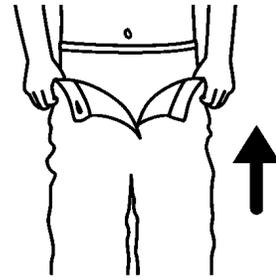
1. Take off clothes



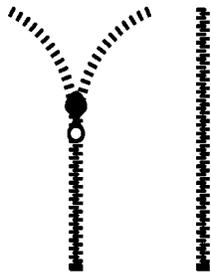
2. Put on underwear



3. Put on pants or shorts



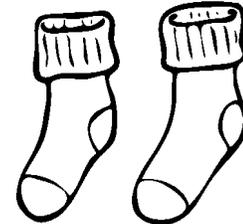
4. Zip up zipper on pants



5. Put on shirt



6. Put on socks



7. Put on shoes



8. Tie your shoes or ask for help



9. Put on coat or jacket

