

## Recording children's routines from home



Visual Timetable for Home

Further down there are blank squares for ideas of how a visual timetable looks, there is also attached images to order your timetable if you have access to a printer.

Don't worry if you do not have a printer as you can use a pen and paper to visually draw routines for children.

Have a pen and piece a paper at the ready and when your child is doing something important within their routine draw a picture of them doing it.

Then model the language used 'child is eating breakfast' stick this on the fridge or somewhere the child can see. Eventually the child will be able to see a visual timetable from home.

### Learning is fun/sensory breaks

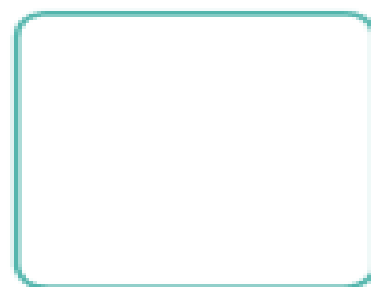
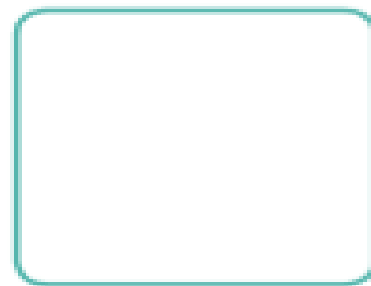
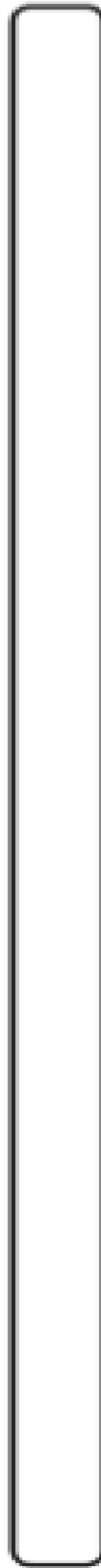
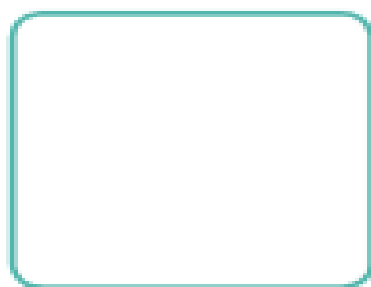
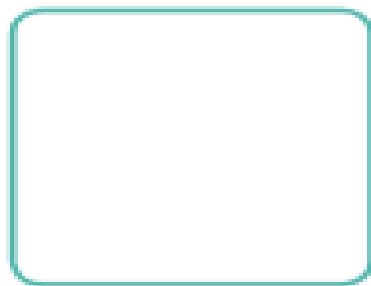
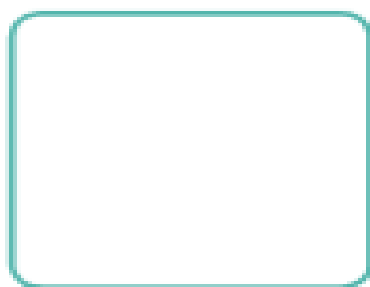
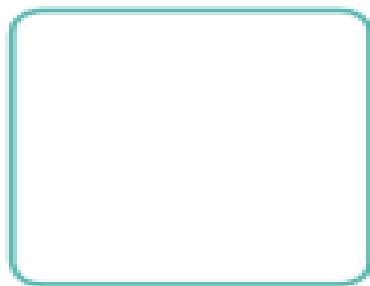
#### What are sensory breaks?

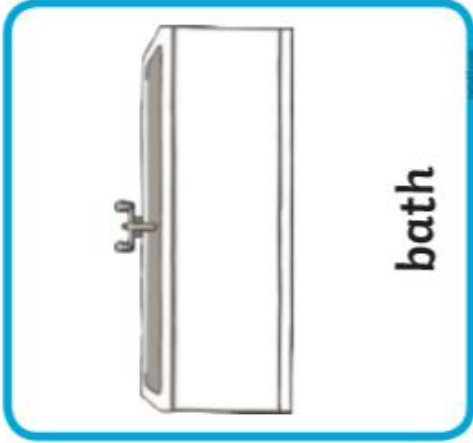
Movement and brain break for children are also known as sensory breaks and can increase the ability for children to calm down, focus and learn again.

If your child is emotional ask them 'are you feeling sad?'

If they reply 'yes' or indicate their sadness through actions, then say to them 'let's have a sensory break'







**bath**



**chess**



**bedtime**



**tablet**



**feed the dog**



**feed the cat**



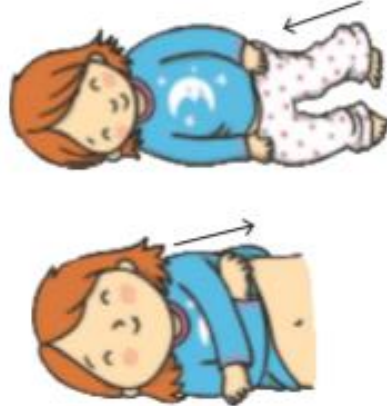
surprise



getting dressed



getting undressed



putting on  
pyjamas



brush hair



put shoes on