

Visual Timetable



Why use a visual timetable?

1. Helps to manage anxiety
2. Easier to understand
3. Supports independence
4. Supports decision making
5. Can reduce instances of behaviour that challenges

Resources:

[Visual Timetables Resource.1 CAN.FINAL .pdf](#)
(councilfordisabledchildren.org.uk)

[Visual Timelines - Practitioners factsheet - NEW](#)
(speechandlanguage.org.uk)

bcuhb.nhs.wales/services/hospital-services/neurodevelopmental/documents/visual-timetable/#:~:text=Helps to manage anxiety - Using,them know what to expect.&text=Easier to understand - It takes,time to

Visual timetables are useful for all learners and can be incorporated into the daily routine as part of High-Quality Teaching. It helps them see, understand and prepare for what is happening and when.

They are particularly helpful for children and young people (CYP with speech, language and communication difficulties and those that find planning, organising or sequencing difficult.

They include symbols (e.g. Widgit), images or pictures to support CYP's understanding.

They should be displayed for the whole class and run through each morning as part of the daily routine. The visual timetable must be large enough and in a position that is easily seen by the whole class. Removing each activity as it is completed could be part of a class jobs rota.

They can also be used for individuals, for example those who need a timetable in close proximity, have a personalised timetable or need a more focused now and next style schedule.

Example from Bader Academy:

