

# Visual Schedule Cards

Supporting Routine • Structure • Independence

## About This Resource

This set of visual schedule cards is designed to help children understand and follow daily routines using clear and structured visual supports. Visual schedules support predictability, reduce anxiety, and promote independence across different environments.

## Why Use Visual Schedules?

Visual schedules help children to:

- Understand what will happen next
- Transition more smoothly between activities
- Reduce anxiety and resistance
- Build independence in daily routines

## What's Included

This resource includes a wide range of visual schedule cards for different settings:

- **Daily Routines** (e.g. Brush teeth, Get dressed, Eat breakfast, Pack bag, Wear shoes)
- **School Routines** (e.g. Circle time, Story time, Snack time, Independent work, Group work, Play time)
- **Therapy & Enrichment** (e.g. ABA Therapy, Occupational Therapy, Speech Therapy, Swimming)
- **Outdoor & Community Activities** (e.g. Go to playground, Movie time, Go to shopping mall, Go to doctor)

You can mix and match cards to create a schedule that suits your child's needs.

## How to Use

- Cut and laminate the cards for durability
- Arrange the cards in order of activities
- Review the schedule with your child before starting
- Refer back to the schedule throughout the day
- Put a tick / remove / flip completed activities
- Pair with verbal prompts and reinforcement

## Usage & Sharing

This resource is for personal and educational use only.

- You may print and use these materials for your child or students
- If sharing or distributing, please include this first page in full
- Selling or redistribution without credit is not permitted

To learn more about ABA services, contact us at [admin@dynamics.com.sg](mailto:admin@dynamics.com.sg) to schedule a free 20 minutes phone call with our ABA team!

# DAILY HOME ROUTINES



Brush teeth



Wash face



Shower



Comb hair



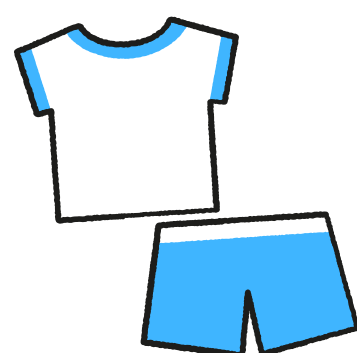
Make bed



Get dressed



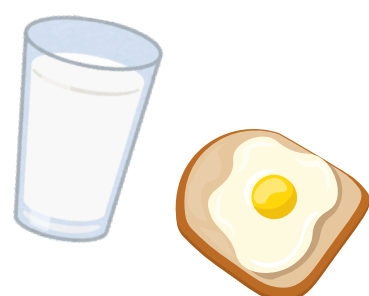
Wear school uniform



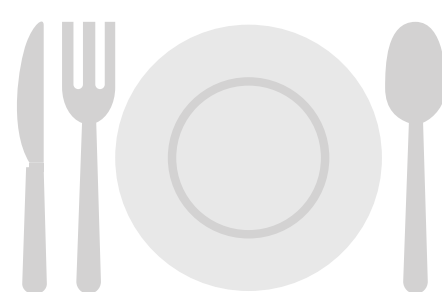
Sports wear



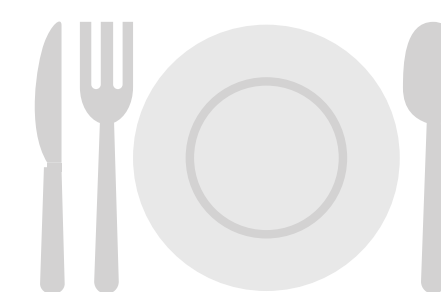
Pack bag



Breakfast



Lunch



Dinner



Snack



Drink water



Nap

# DAILY HOME ROUTINES



Sleep



iPad



Do homework



Play



Medicine



Watch TV



Family time



Time with Dad



Time with Mum



Feed pet



Walk dog



Wear pyjamas



Go out



Go school

# SCHOOL ROUTINES



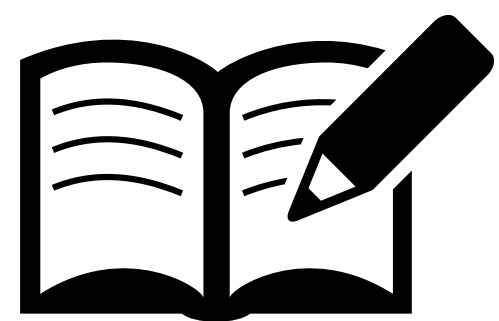
Circle time



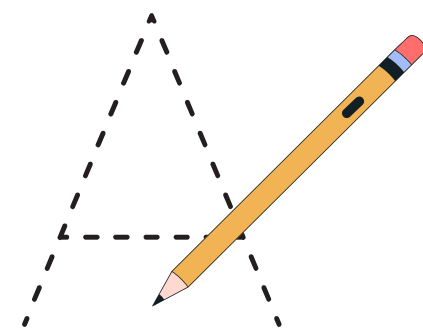
Story time



Reading



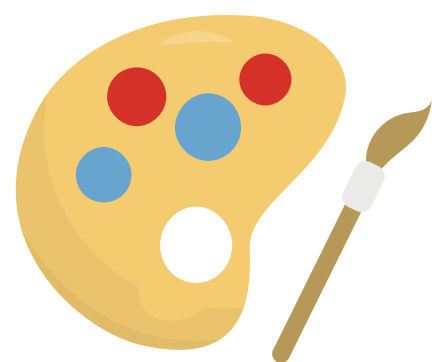
Writing



Tracing



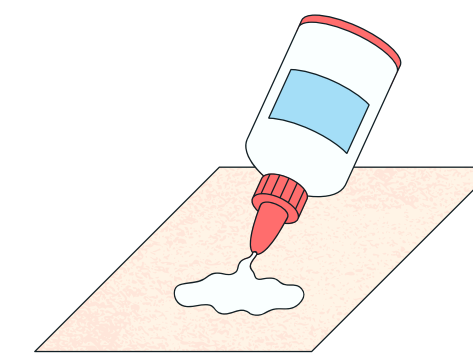
Colouring



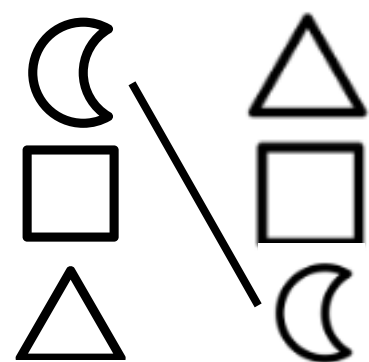
Painting



Cutting



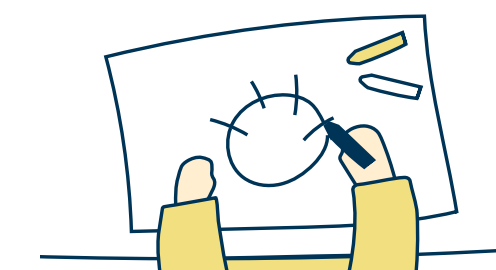
Pasting



Matching



Sorting



Drawing



Singing



Dancing

ABC

English

# SCHOOL ROUTINES



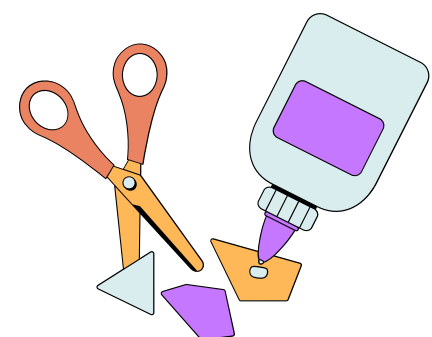
Math



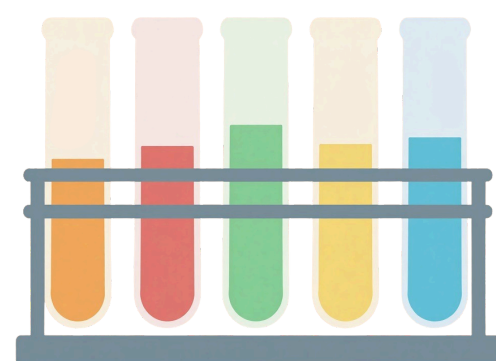
Music



PE



Art



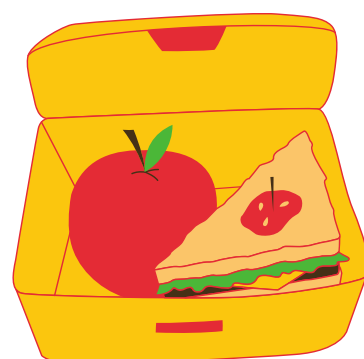
Science



ICT



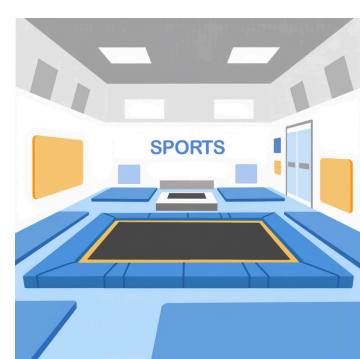
Assembly



Recess



Outdoor play



Indoor play



Toilet



Group work



Independent work

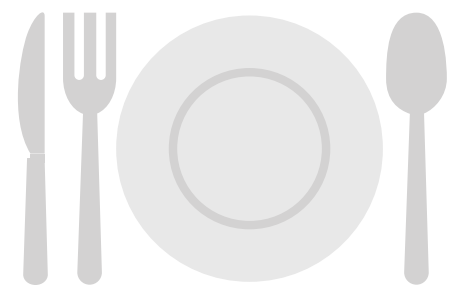


Play with friends



Play by myself

# SCHOOL ROUTINES



Lunch



Celebration



Sensory play



Snack



Pack up



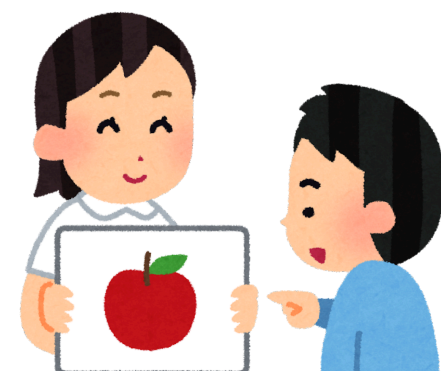
Go home



# THERAPY ROUTINES



ABA  
Therapy



Speech  
Therapy



Educational  
Therapy



Occupational  
Therapy



Counselling




Social Skills  
Group



Group  
Therapy



# OUTDOOR ACTIVITIES ROUTINES




Swimming



Basketball




Football



Cycling



Scooter



Sports



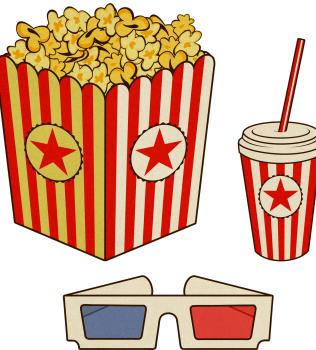
Gardening



Board games



Walking



Movie



Visit doctor



Haircut



Visit dentist

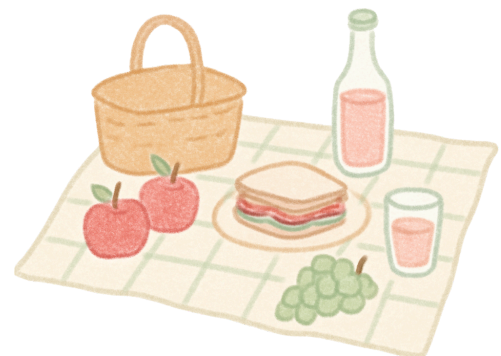


Vacation



Visiting

# OUTDOOR ACTIVITIES ROUTINES



Picnic



Ballet



Gymnastics



Piano



Birthday party



Water play



Sand play



Bubbles



Running



Eat out



Shopping

# LOCATIONS



Beach



Playground



Museum



Restaurant



School



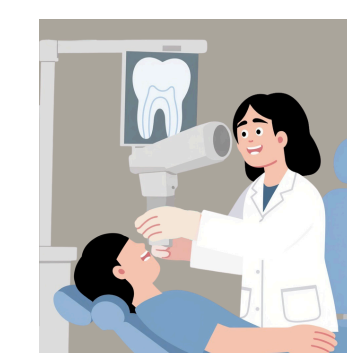
Clinic



Hospital



Toy shop



Dental clinic



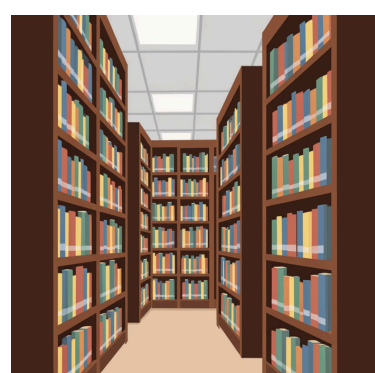
Supermarket



Shopping mall



Zoo



Library



Airport



Farm

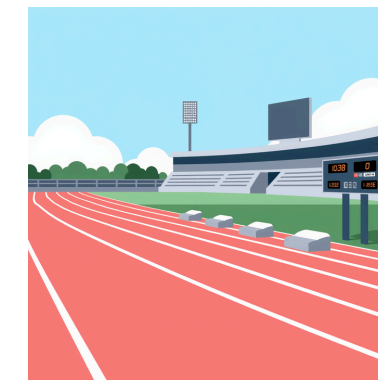
# LOCATIONS



Park



Bank



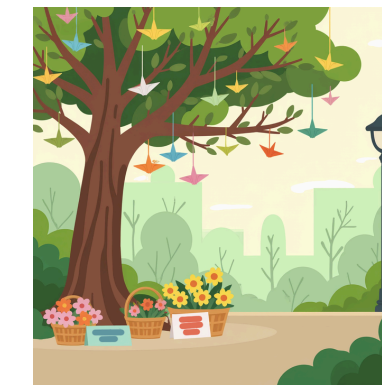
Track



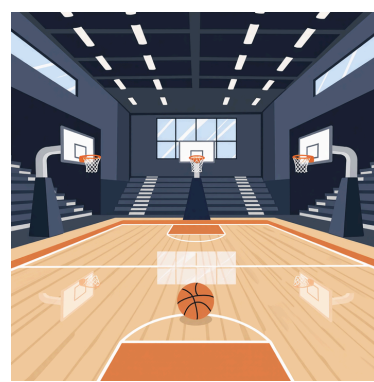
Bird Park



Field



Garden



Basketball Court



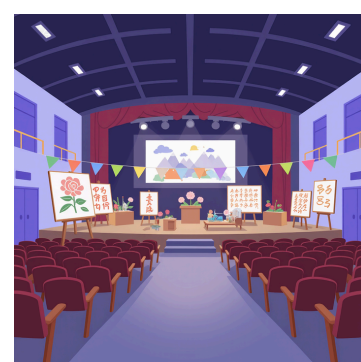
Bus Interchange



MRT Station



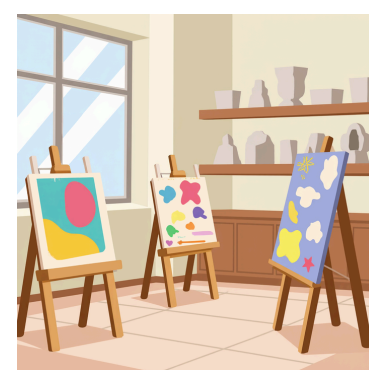
Classroom



Hall



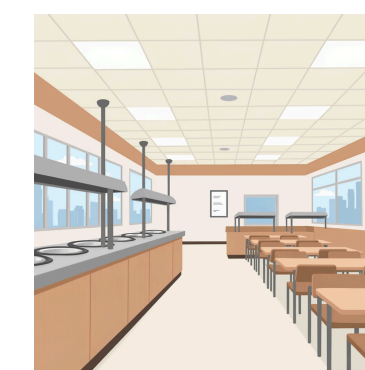
Computer Room



Art Room



Music Room



Canteen

# WEEKS AND MONTHS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

JANUARY

February

MARCH

April

May

June

JULY

AUGUST

# WEEKS AND MONTHS

September

October

November

DECEMBER

