



Supporting your young person while they are at home



Young people can find changes to their normal routines difficult to understand and accept. This can sometimes lead to them feeling anxious, upset or confused.



We can help to support them through this difficult time by using visual timelines. A timeline uses pictures to represent an activity e.g bath time, lunch, playing on the computer.

Using a visual timeline can help to put structure into their day. It can support the young person to know what is going to happen and help develop familiar routines.

Young people are familiar with using visual timelines in school to represent what they will be doing across the school day. Timelines can be used interactively with symbols being removed from a strip when an activity has finished.



How to use Visual Timelines at home



There are different ways a timeline can be used.

They can be used to represent activities for the whole day or can be broken up to 'morning', 'afternoon' and 'evening' routines.

Morning Routine

get out of bed



get dressed



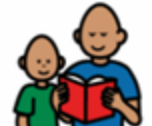
eat breakfast



play



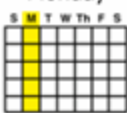
read a story



lunch



Monday



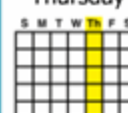
Tuesday



Wednesday



Thursday



Friday



Saturday



Sunday



play in the garden



water play



play on the computer



play football



watch a film



make pizza



family time



Some young people need to know what is going to happen throughout the week, especially when special activities are going to happen. They will benefit from a timeline that shows the whole week.

Remember: When an activity has finished you must remove the symbol from the timeline and point to the next symbol to show the young person what is happening next in their day.

Examples of Timelines for different times of the day

AM

Morning Timeline

get out of bed



get dressed



eat breakfast



homework



read a story



lunch



PM

Afternoon Timeline

play in the garden



snack



board game



play



dinner



Examples of Timelines for different times of the day

Day Timeline

eat breakfast



homework



lunch



read a story



xbox



dinner



Evening Timeline



watch TV



play



take a bath



brush teeth



put pyjamas on



bed



Blank Timelines: These may need to be enlarged as needed.
Don't worry if you don't have velcro you could use blu tac or
cellotape.

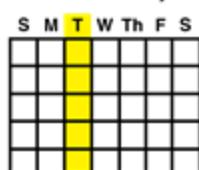


Example of a weekly timeline

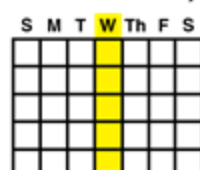
Monday



Tuesday



Wednesday



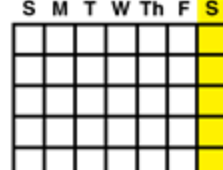
Thursday



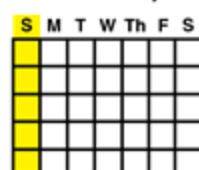
Friday



Saturday



Sunday



homework



homework



homework



homework



homework



play on the
playstation



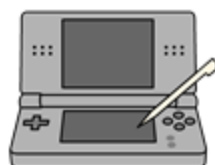
family time



play in the
garden



play on the
DS



play on the
computer



play football



watch a film



make pizza



board game



Blank Weekly timeline: This may need to be enlarged as needed

[illegible]

Timeline symbols for morning

Cut out the symbols and laminate, place the symbols that you need onto the timeline.
Remember to remove the symbol after each activity has finished and point to the next symbol on the timeline.

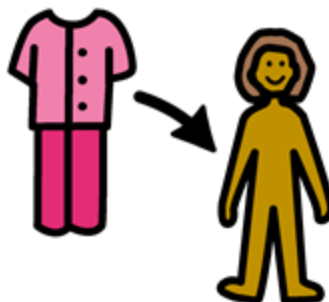
get out of bed



get dressed



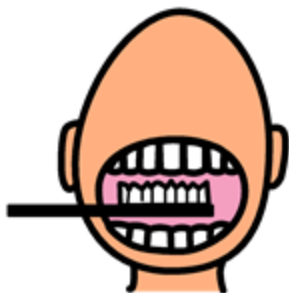
get dressed



wash face



brush teeth



brush hair



brush hair



shower



eat breakfast



Joe Wicks Exercise
9am You Tube



take a bath



go downstairs



Timeline symbols for afternoon routine

lunch



homework



homework



tidy up



play in the garden



snack



read a story



time in bedroom



board game



baking



walk the dog



play



Timeline symbols for evening routine

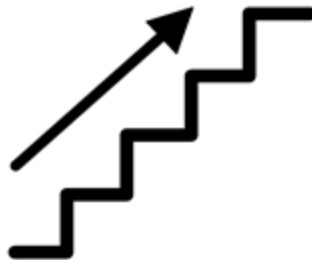
dinner



watch TV



go upstairs



shower



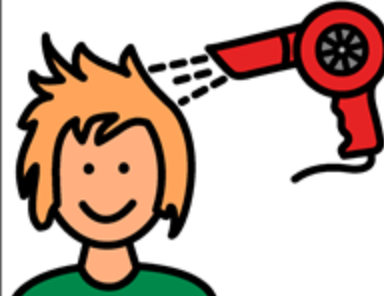
take a bath



wash hair



dry hair



put pyjamas on



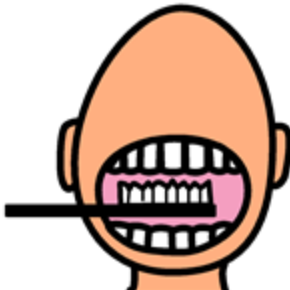
get in bed



story



brush teeth



drink



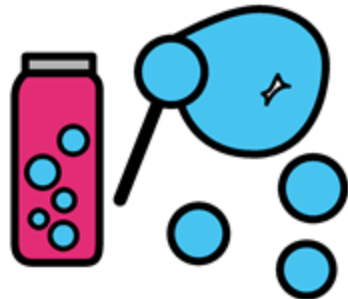
Timeline symbols for toys/activities

As the parent/carer you decide what activities you put on the timeline, this will help to give structure to the day and focus the young person's attention on one activity at a time.

Play Doh



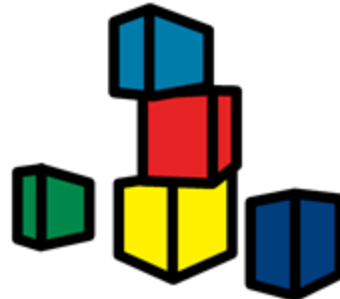
bubbles



balloons



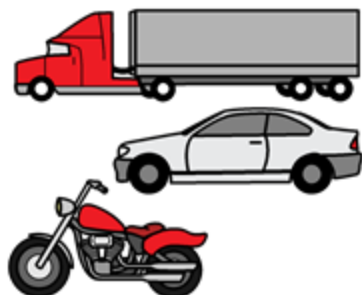
blocks



puzzle



vehicles



painting



art and crafts



colouring



messy play



listen to music



watch TV



Timeline symbols for toys/activities

bowling



action figures



dinosaurs



Barbies



doll's house



dolls



train set



baking



dress up



play shop



Lego

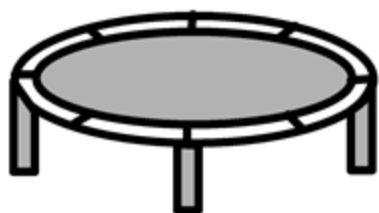


board game



Timeline symbols for outside activities

trampoline



play football



catch



ball



bike



water play



chase



sand pit



water plants



digging



scooter



swing



Timeline symbols for electronics

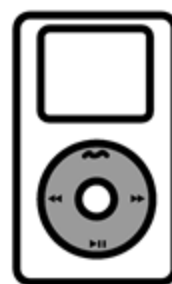
iPad



computer



iPod



playstation



xbox



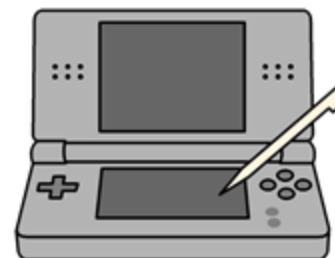
nintendo switch



wii



DS



game boy



mobile phone



laptop



television



Timeline symbols for electronics

youtube



helpkidzlearn



cbeebies



something special



pop song



nursery rhymes



the chase



social media



video chat



Timeline symbols for sensory activities

play in sand



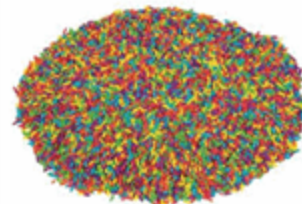
water play



foam



rice



shredded paper



leaves



therapy ball



bounce on ball



tent



light up toys



sensory toy



swing



Other symbols for

care for my pet



chores



exercise



take medicine



wash hands



tidy up



If you require any further advice on how to use timelines with your young person please contact their Teacher or Speech and Language Therapist.