



Create a Schedule

Visual supports can help students understand a basic schedule and create routines during remote learning. Often students with autism have trouble understanding the abstract concept of time which can lead to confusion and/or stress about when they will see familiar people, complete preferred activities, and finish tasks. Expectations may be confusing during this time of remote learning during which your child may complete all of their learning at home or go to school on a blended schedule. Having a monthly, weekly, and or daily schedule can help manage some of the uncertainty.

Countdowns, checklists for tasks, and timers can be used as visual supports for within a task or activity. These help your child to understand what is expected for certain learning times and when learning times will be finished. Making time a more concrete concept throughout the day may decrease uncertainty during online learning.

Resources include:

Countdown Example

Visual Timer

Daily Schedule Template

Daily Schedule Example

Guided Reading Time Checklist Example

Math Time Checklist Example

Monthly Schedule Example

Monthly Schedule Template

Countdown Example



5



4



3



2



1



Power Off



Visual Timer Using Stickers Notes

1

2

3

4

5

Daily Schedule Template

Task	Done

Daily Schedule Example

Task	Done
Morning Meeting	
Work alone- Math	
Small group	
Eat Lunch	
Work alone - ELA	
Exercise - 30 minutes	

Guided Reading Checklist Example






























Task	Done
Login	
Watch lesson	
Read independently	
Complete reading assignment	
Reflect/Practice writing	
Free choice	

Math Time Checklist Example

Task	Done
Login	
Watch lesson	
Read independently	
Complete computer activity	
Complete math assignment	
Practice	
Free choice	

Monthly Schedule Example

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1  Remote Learning	2  Remote Learning	3  Remote Learning	4  Remote Learning	5  Home
6  Home	7 NO SCHOOL	8  Remote Learning	9  Remote Learning	10  Remote Learning	11  Remote Learning	12  Home
13  Home	14  School	15  Remote Learning	16  Remote Learning	17  Remote Learning	18  Remote Learning	19  Home
20  Home	21  School	22  Remote Learning	23  Remote Learning	24  School	25  School	26  Home
27  Home	28  School	29  School	30  School			

Monthly Schedule Template

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

