

## Visual routines in the morning

For students with ADHD or Autism morning routines can be challenging as they contain lots of time-pressured transitions and sensory activities. Visual symbols can be processed quickly by students and can provide focus to help with the routine. The following pages contain:

- Page 2 - A social story to explain the process
- Page 3 and 4 - visual schedule for young students. Place symbols from p.3 onto p.4, when complete remove them and add to a finished box.
- Page 5 - checklist visual for older students.



Social story

-



Getting ready

for

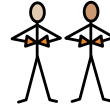
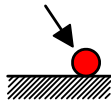
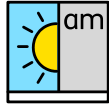


school

1



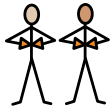
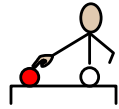
1. In the morning there are different jobs we need to



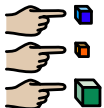
to



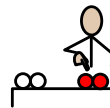
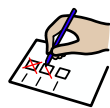
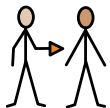
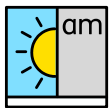
complete so that we are ready to leave for school.



2



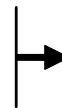
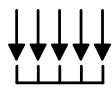
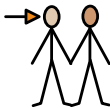
2. Each morning you need to complete these tasks.



3

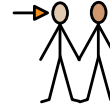


3. When they are complete, remove the symbol from the table

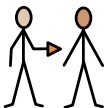


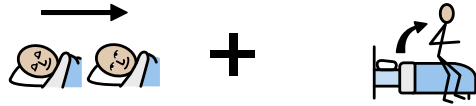
+

and place in the finished box. When they are all in



the box you are ready for school. Well done!





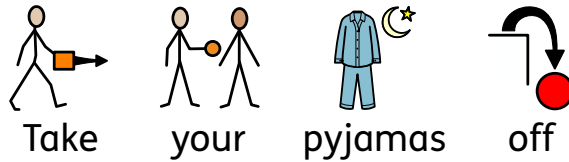
Wake up and get out of bed



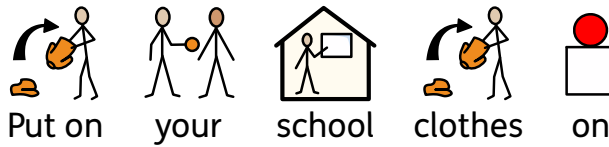
Go to the toilet



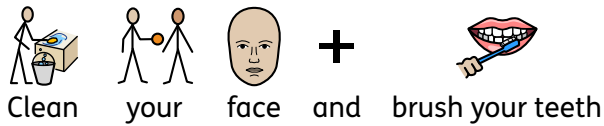
Have breakfast and a drink



Take your pyjamas off



Put on your school clothes on



Clean your face and brush your teeth



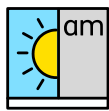
Brush your hair



Put on suncream



Put your school shoes on.

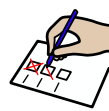


Morning



tasks

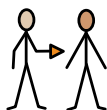
to



complete



Well done

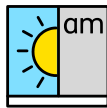


you

are a



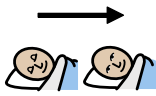
superstar!



**Morning jobs to complete**



Tick



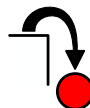
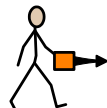
Wake up and get out of bed



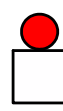
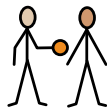
Go to the toilet



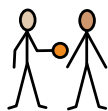
Have breakfast and a drink



Take your pyjamas off



Put on your school clothes on



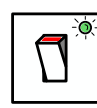
Clean your face and brush your teeth



Brush your hair



Put on suncream



Put your school shoes on.