

# STAR Autism Support

FREE WEBINAR

## Visualize It! Using Environmental Supports Effectively

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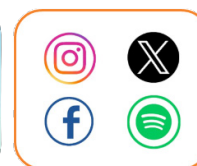
### Resources

**STAR Newsletters (available in English and Spanish):**

- [Sign up for our Newsletter!](#)

**Autism Annex Podcast:**

- [Temple Grandin on Autism and the Power of Thinking Differently](#)





# ROUTINE ESSENTIALS

THE POWER OF VISUAL SUPPORTS



Visuals help a wide variety of learners.



Visuals can be used across different environments and people.



Visuals help students focus on relevant information.



Visuals help students understand others' expectations.



Visuals allow time for language processing.



Visuals build independence.



Visuals help reduce anxiety.



Visuals provide permanent information.



Visuals help with transitions and change.

# Creating a Visual Schedule



Visual schedules help learners know what to expect for the day and can be used at school, at home, and in the community. By identifying to the student what is happening next and where to go, schedules can build independence, reduce anxiety and undesired behaviors, and increase attention and flexibility.

1

## Choose a schedule type for your learner.

- Use objects, icons, photos, words, or a combination depending on the learner's need.
- Decide between a static or portable schedule system. This depends on the learner's need and whether the student will travel a distance between locations with the schedule.
- Choose the system to use: Landing board, container system, checkmark system, notebook, etc.

2

## Gather materials.

- Download or create photos, activity icons, check schedule icons, schedule template, etc.
- Print and cut materials as needed.
- Create landing strips, boards, or containers in each location of the classroom as needed.
- Gather additional materials for portable schedules (e.g., binders, folders, clipboards, etc.).

3

## Laminate or use plastic pockets to protect visuals for repeated use.

- Laminate icons and add velcro.
- Use a dry-erase marker with a checkmark schedule (laminated or in a plastic pocket).
- These steps help to make schedule materials more durable, but they are not required!

4

## Display the scheduled activities in order.

- Icons are typically displayed top-to-bottom or left-to-right.
- Written activities are typically displayed top-to-bottom.
- Determine how many activities to display at once depending on the learner's need (e.g., fewer icons for students with higher support needs).

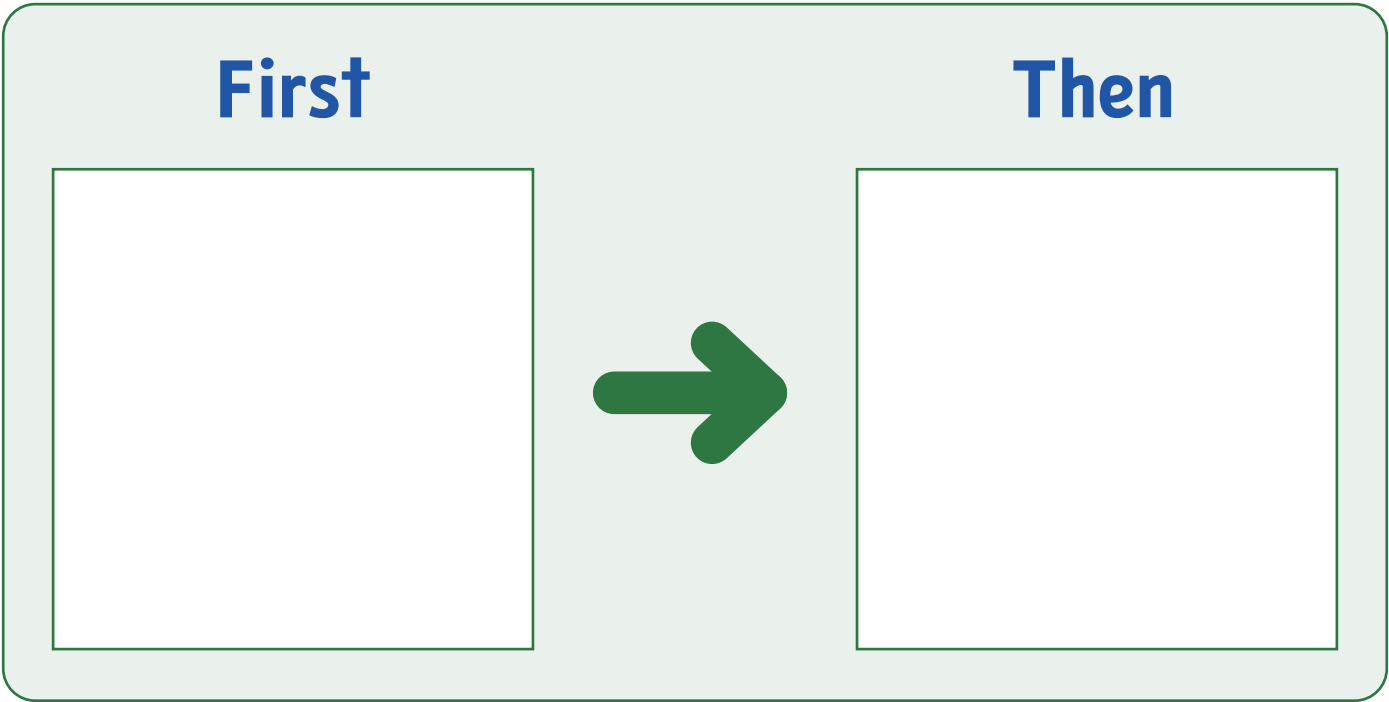
5

## Place the schedule in a consistent, easy-to-access location.

- Options for static schedules (e.g., in self-contained classrooms) include near cubbies, at each student's desk, or in a central classroom location.
- Portable schedules travel with the learner, but consider teaching the student to store it in a consistent location when not in use.
- Include each learner's name or photo when displaying multiple schedules simultaneously.

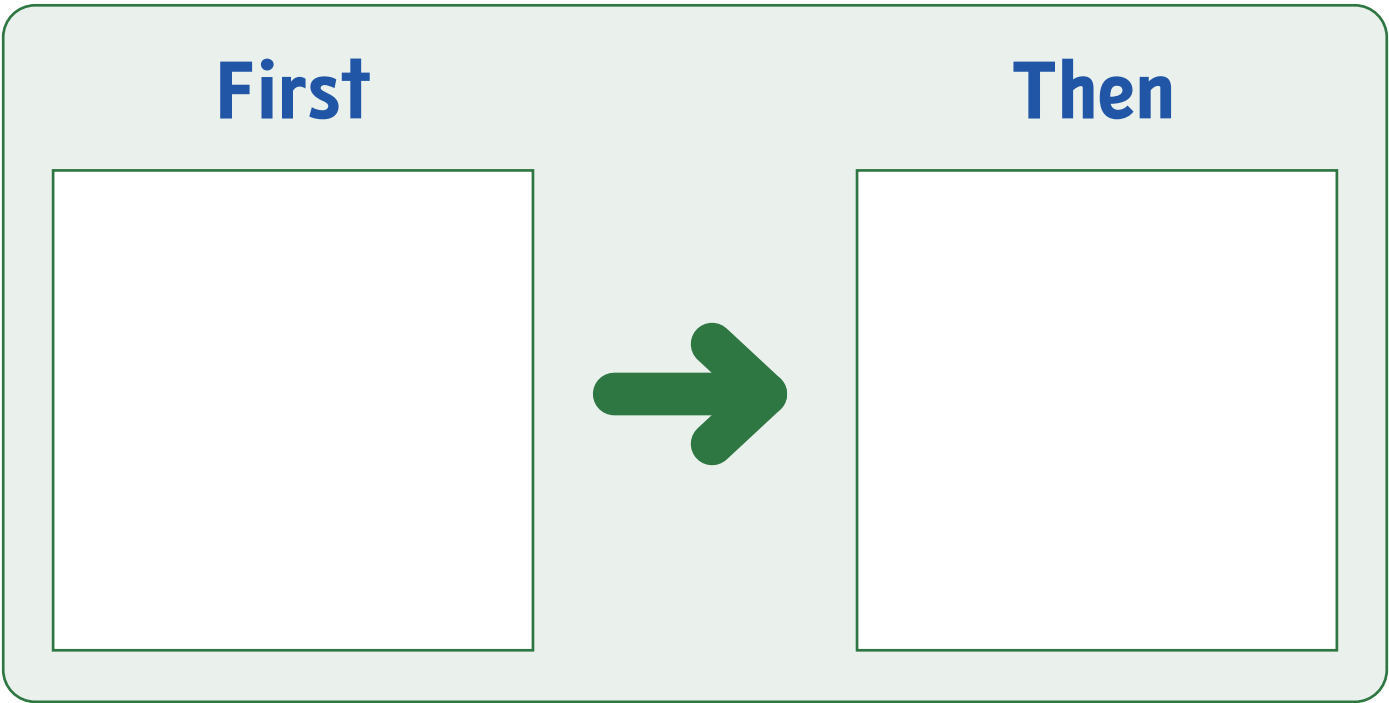
STAR Media Center subscribers can explore Routine Essentials for a variety of schedule supports!





Behavior Supports – First-Then Charts: Horizontal Chart

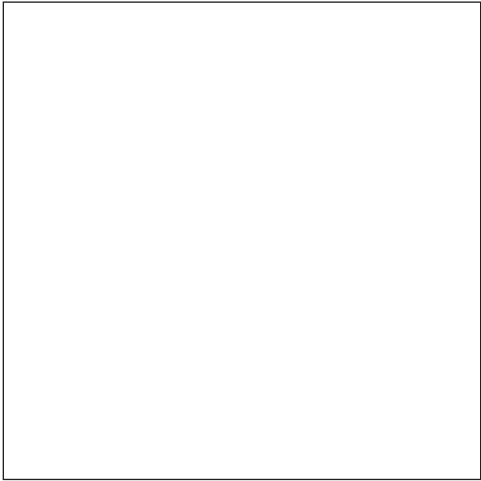
© STAR Autism Support 2024. Routine Essentials.



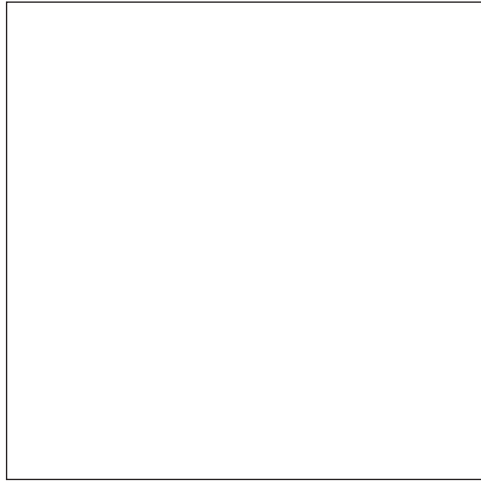
Behavior Supports – First-Then Charts: Horizontal Chart

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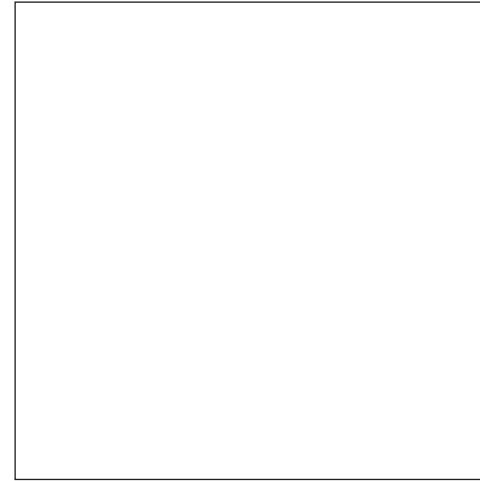
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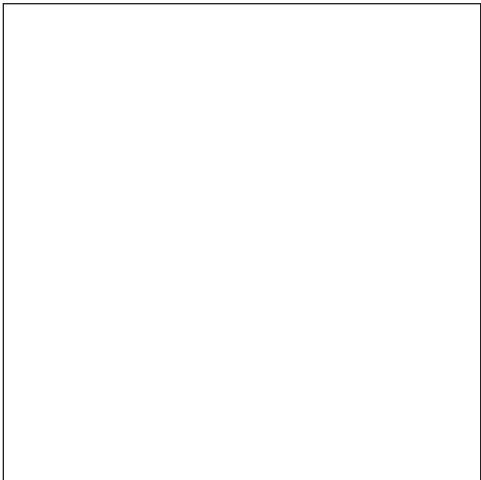
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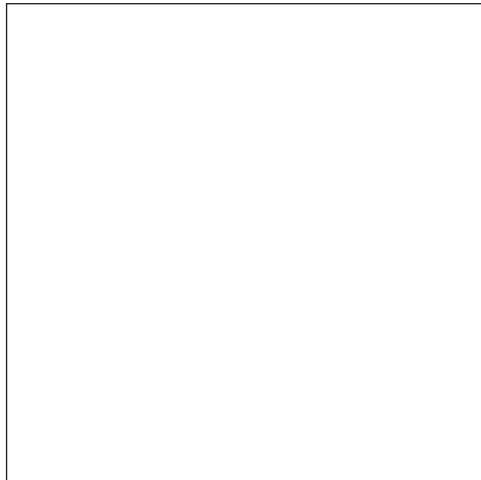
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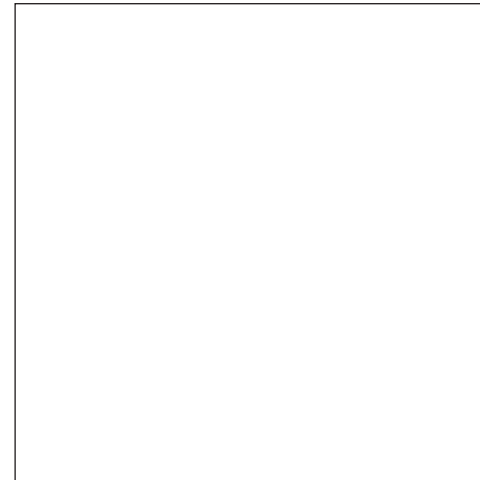
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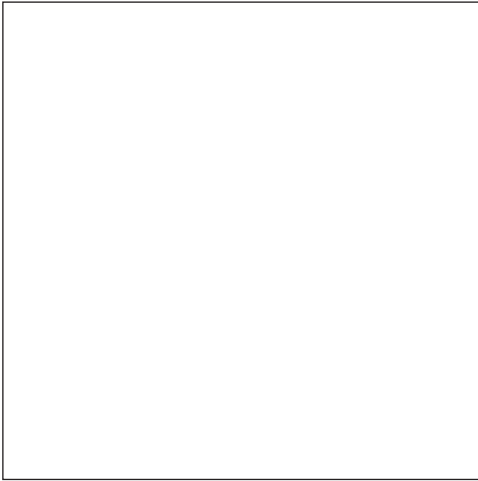


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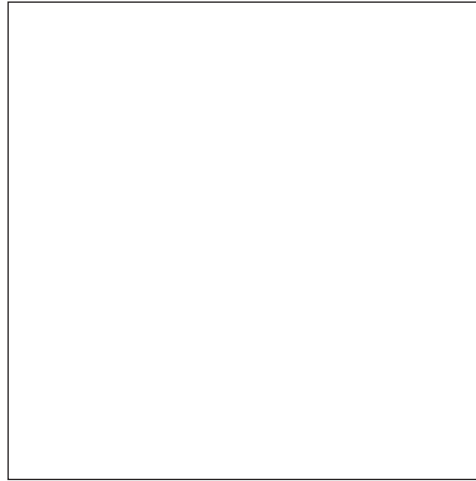


# Schedule

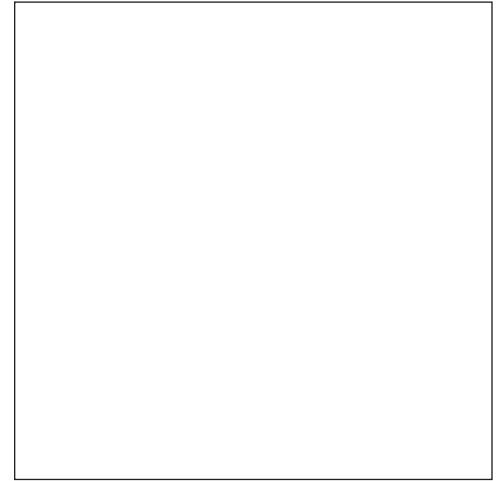
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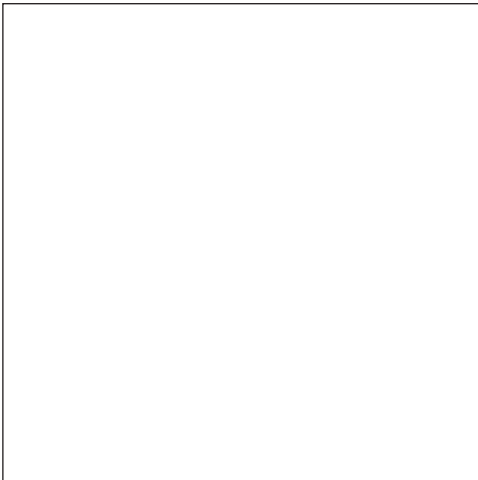
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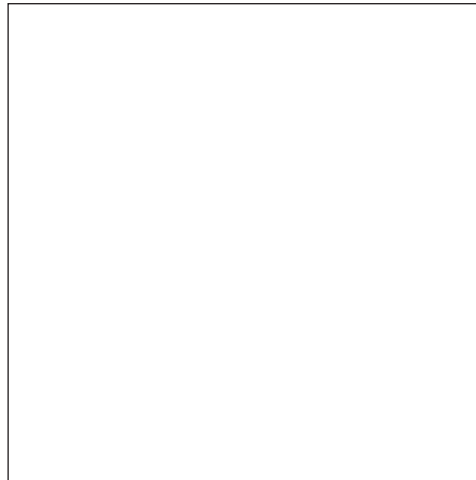
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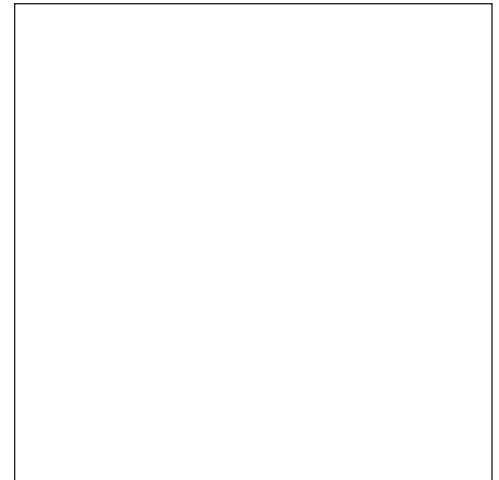
10



11



12



Cut along this line



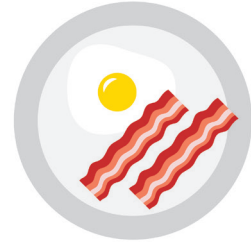
**Bathroom**



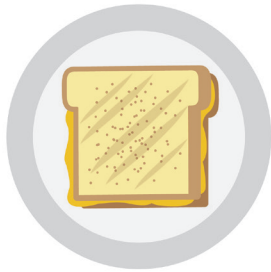
**Bedtime**



**Breakfast**



**Lunch**



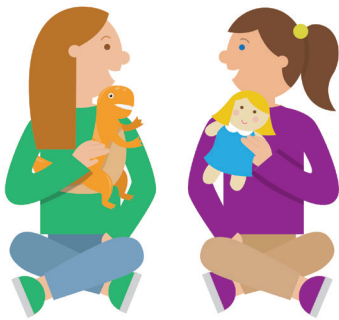
**Dinner**



**Snack**



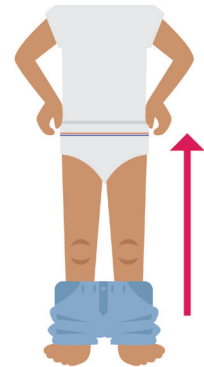
**Playtime**



**Chores**



**Get dressed**





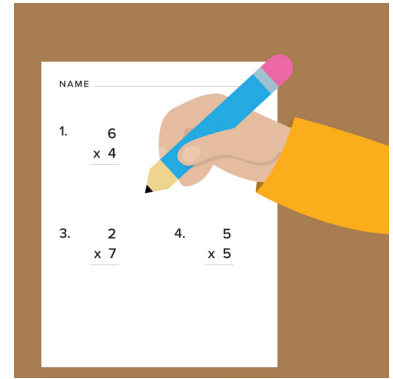
**Outdoors**



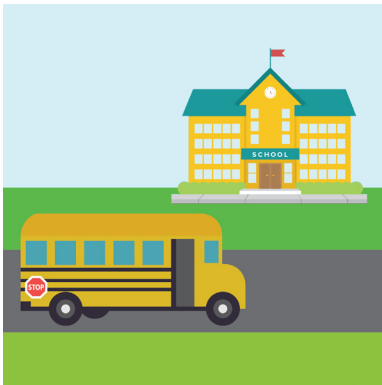
**Special event**



**Homework**



**Go to school**



**Outings - car**



**Outings - subway**



**Quiet time**



**Family time**



**Tablet time**





# DAILY SCHEDULE

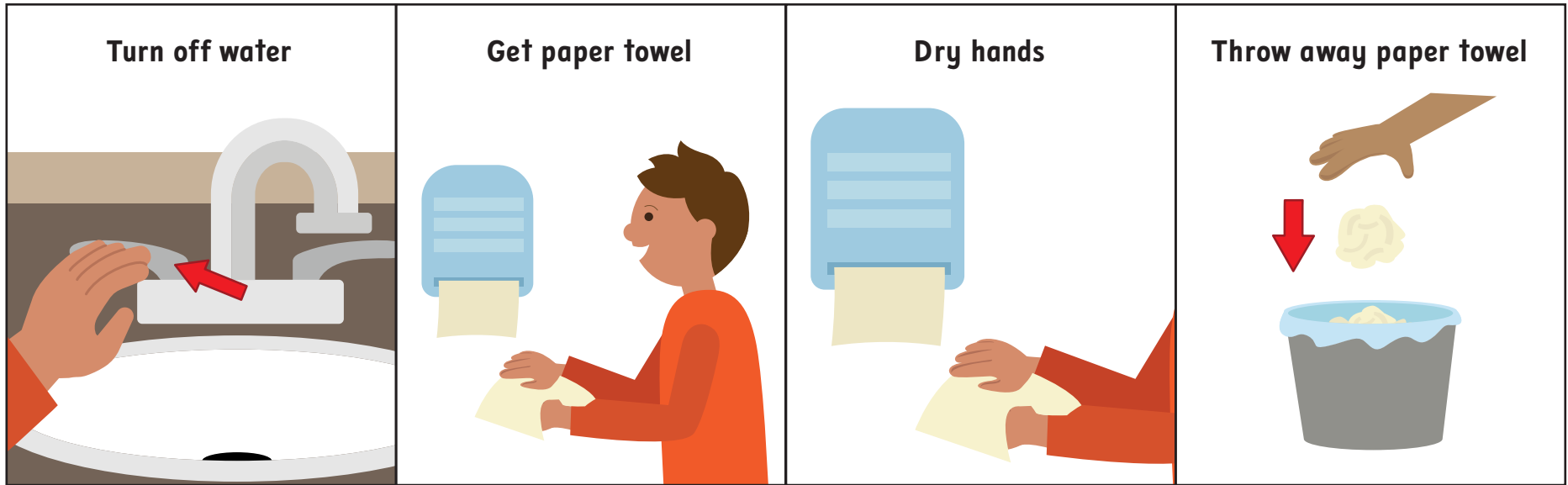
	✓	ACTIVITY	REMEMBER
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**Choose**



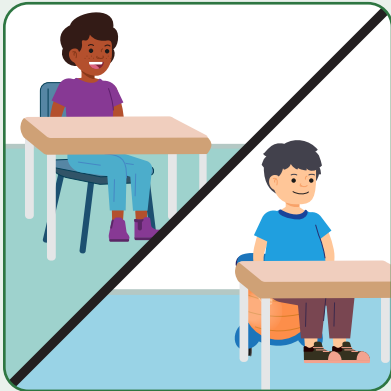
Bathroom/Self-Care – Washing Hands Sequence Strip



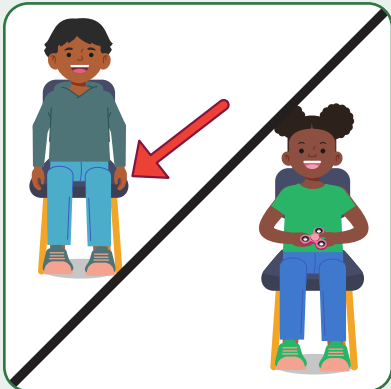
# I Can Use My Listening Skills!



**Use a quiet voice**



**Stay in my learning space**



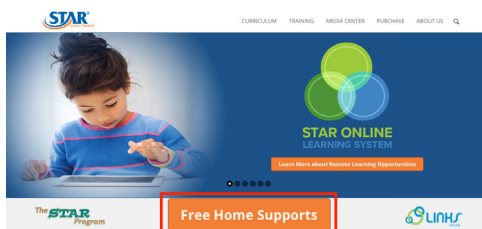
**Keep my hands to myself**



**Look toward the person talking**

# FREE HOME SUPPORTS

Presented by STAR Autism Support



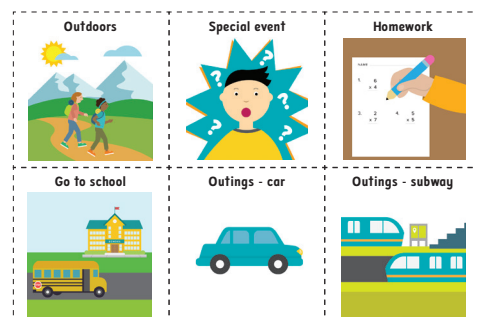
Go to our website and click on Free Home Supports.  
**It's the orange button!**

**Website:**

[www.starautismsupport.com](http://www.starautismsupport.com)



**Looking for materials and resources to help your child practice skills at home?** These activities and worksheets are available to download or print. REELs are interactive presentations that will guide you through appropriate activities for your child.



**Visual supports can help your child learn what to do in social situations or help them handle transitions better at home or in the community.**

Click on Home Visual Supports for access to visual supports for behavior, staying safe and healthy, learning from home, social skills, family routines, community skills, and current events.



**Want to learn some quick strategies for teaching your child routines or motivating them at home?**

Click on Home Support Webinars for access to six short informational sessions. These include information on:

**Routines • Motivation • Schedules • Visual supports  
Prompting • and more!**

