

WHAT CAN YOU DO AT HOME?

Sequencing skills and visual timetables



We use sequencing skills to:

- give news
- describe an event
- tell stories

Visual timetables are a clear way for children to SEE a sequence of events. They help children to understand what is happening over a period of time. They provide structure, help to reduce anxiety and to cope with changes.



At school, teachers use a visual timetable to show what lessons/activities are happening across the day.

Some children may use individual timetables to break down an activity.



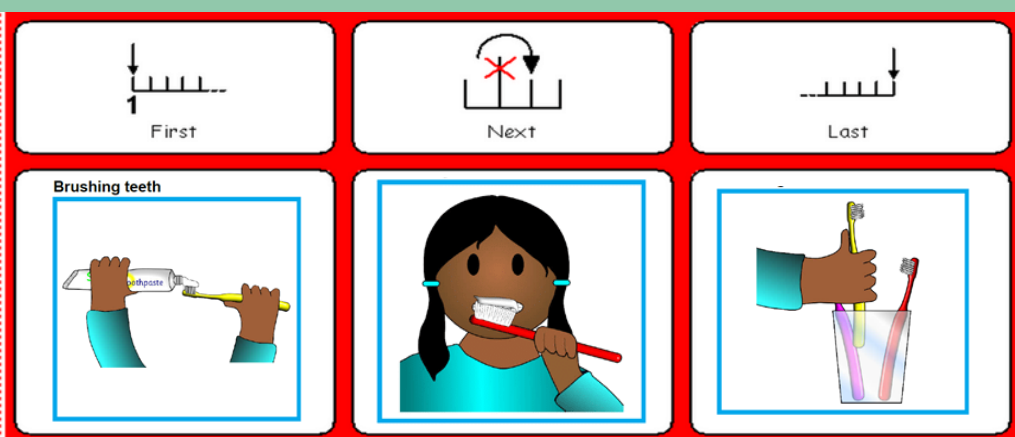
Visuals are also great at home! You can draw them on a whiteboard or even a piece of paper.

You can use a visual sequence for:

- The week
- A day/ part of the day
- A specific activity (e.g. brushing teeth, baking, getting dressed)

If your child struggles with too much information, make it simpler by using 2 or 3 pictures (First/Next or First/Next/Last)

They help to develop independence as they show the next step!



Take a few photos of an activity you do together, E.g. cooking. Look at the photos and talk about the different steps.

- If your child is familiar with the sequence, you could ask them to put the pictures in the right order, or ask them what they should do 'first' (for example)
- If your child is developing their understanding of words such as before/after, this is also a great opportunity to practise these, e.g. what are we going to do *after* breakfast?

Free visual timetable resources: <https://www.twinkl.co.uk/resource/t-c-081-visual-timetable-for-home>



**TO TALK TO YOUR SPEECH AND LANGUAGE THERAPIST:
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