



Visual Timetable Quick Guide

Published December 2025

What is a Visual Timetable?

- It helps your child to see what is happening over time.

Why are we using a Visual Timetable?

- It can help your child to understand what will happen next and where they are in the day.
- It can reduce anxieties and support independence.

How to introduce a Visual Timetable?

1. These can be used once your child understands 'now & Next'.
2. You can gradually add more symbols for more activities.
3. Set up the timetable for the activity or day.
4. Show your child the symbol for the current activity,
5. take the symbol with the child for the activity.
6. Post the symbol in the finish box at the end of the activity.
7. Encourage your child to do this independently over time.
8. These can be travelling or static timetables.



- Use consistent language e.g. 'bubbles now', 'bubbles finished'
- You can use symbols or photographs of specific people or places.
- Make sure your child understands each symbol.
- Laminate the pictures and use Velcro to attach them to a strip on the wall or table.
- Refer to the timetable as often as you can.
- Symbols should be displayed top to bottom.