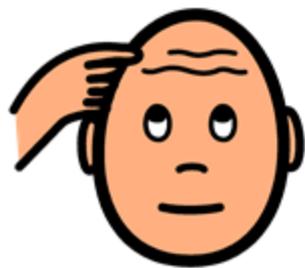




## Supporting your young person while they are at home



Young people can find changes to their normal routines difficult to understand and accept. This can sometimes lead to them feeling anxious, upset or confused.



We can help to support them through this difficult time by using visual timelines. A timeline uses pictures to represent an activity e.g bath time, lunch, playing on the computer.

Using a visual timeline can help to put structure into their day. It can support the young person to know what is going to happen and help develop familiar routines.

Young people are familiar with using visual timelines in school to represent what they will be doing across the school day. Timelines can be used interactively with symbols being removed from a strip when an activity has finished.



## How to use Visual Timelines at home

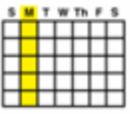
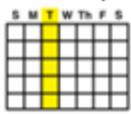
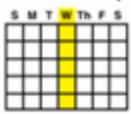
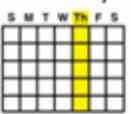
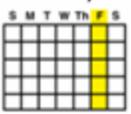
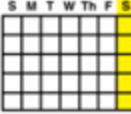
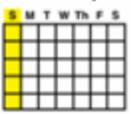


### There are different ways a timeline can be used.

They can be used to represent activities for the whole day or can be broken up to 'morning', 'afternoon' and 'evening' routines.

**Morning Routine**

get out of bed 	get dressed 	eat breakfast 	play 	read a story 	lunch 
---	---	--	---	---	--

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						
play in the garden 	water play 	play on the computer 	play football 	watch a film 	make pizza 	family time 

Some young people need to know what is going to happen throughout the week, especially when special activities are going to happen. They will benefit from a timeline that shows the whole week.

Remember: When an activity has finished you must remove the symbol from the timeline and point to the next symbol to show the young person what is happening next in their day.

**Examples of Timelines for different times of the day**

**AM**

**Morning Timeline**

get out of bed



get dressed



eat breakfast



homework



read a story



lunch



**PM**

**Afternoon Timeline**

play in the garden



snack



board game



play



dinner



## Examples of Timelines for different times of the day

### Day Timeline

eat breakfast



homework



lunch



read a story



xbox



dinner



### Evening Timeline



watch TV



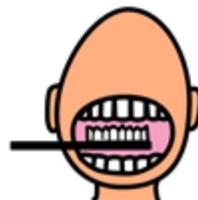
play



take a bath



brush teeth



put pyjamas on



bed

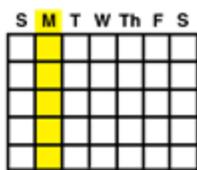


Blank Timelines: These may need to be enlarged as needed.  
Don't worry if you don't have velcro you could use blu tac or  
cellotape.

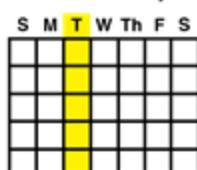


# Example of a weekly timeline

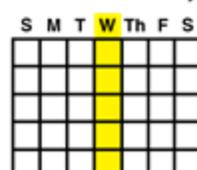
Monday



Tuesday



Wednesday



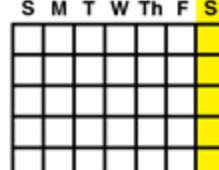
Thursday



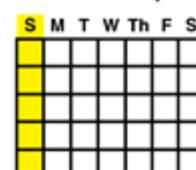
Friday



Saturday



Sunday



homework



homework



homework



homework



homework



play in the garden



play on the DS



play on the computer



play football



watch a film



play on the playstation



make pizza



family time



board game





# Timeline symbols for morning

Cut out the symbols and laminate, place the symbols that you need onto the timeline. Remember to remove the symbol after each activity has finished and point to the next symbol on the timeline.

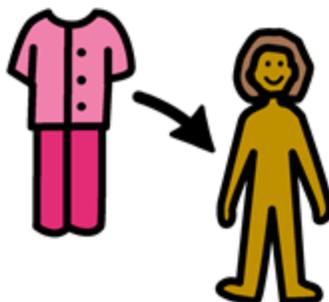
get out of bed



get dressed



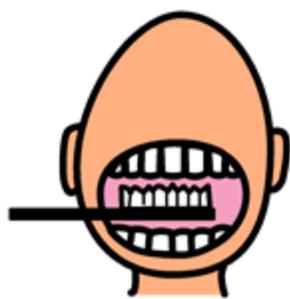
get dressed



wash face



brush teeth



brush hair



brush hair



shower



eat breakfast



Joe Wicks Exercise  
9am You Tube



take a bath

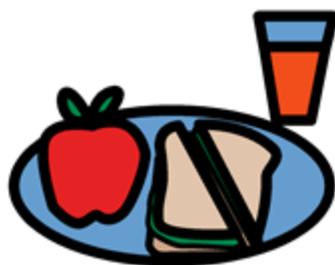


go downstairs



# Timeline symbols for afternoon routine

lunch



homework



homework



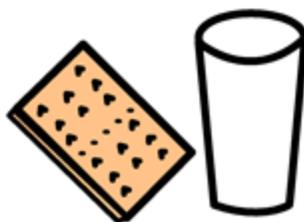
tidy up



play in the garden



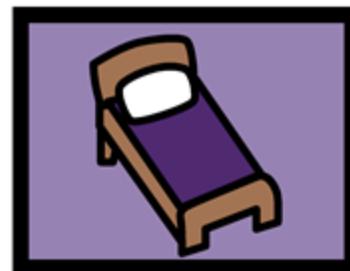
snack



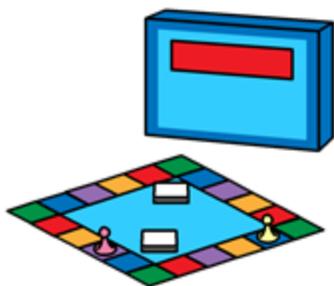
read a story



time in bedroom



board game



baking



walk the dog



play



# Timeline symbols for evening routine

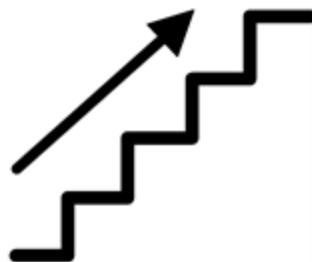
dinner



watch TV



go upstairs



shower



take a bath



wash hair



dry hair



put pyjamas on



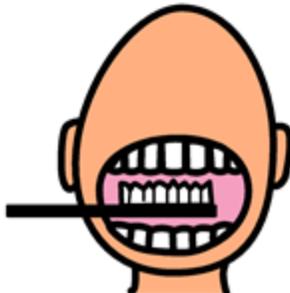
get in bed



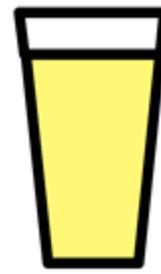
story



brush teeth



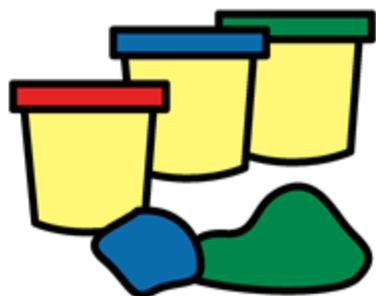
drink



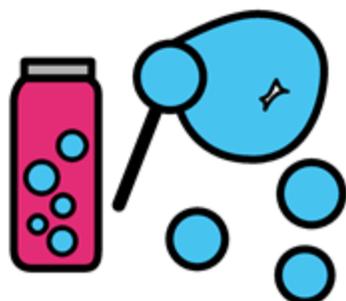
## Timeline symbols for toys/activities

As the parent/carer you decide what activities you put on the timeline, this will help to give structure to the day and focus the young person's attention on one activity at a time.

Play Doh



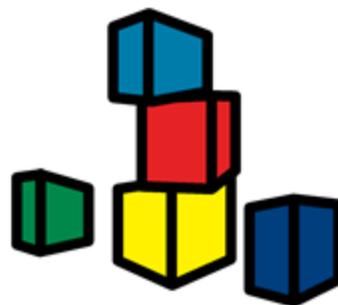
bubbles



balloons



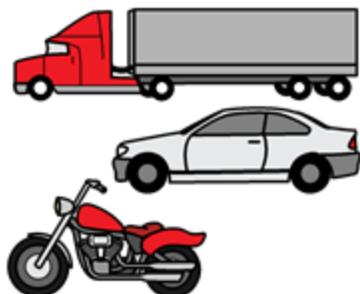
blocks



puzzle



vehicles



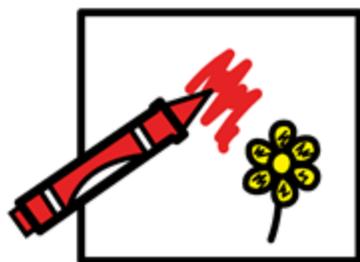
painting



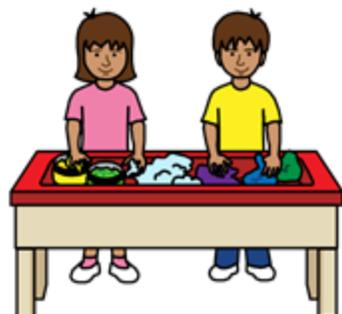
art and crafts



colouring



messy play



listen to music



watch TV



# Timeline symbols for toys/activities

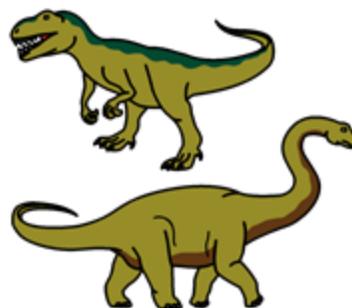
bowling



action figures



dinosaurs



Barbies



doll's house



dolls



train set



baking



dress up



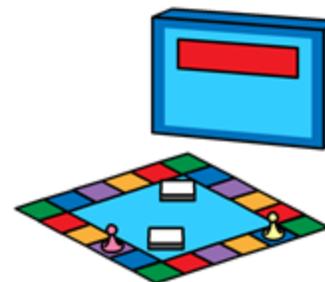
play shop



Lego

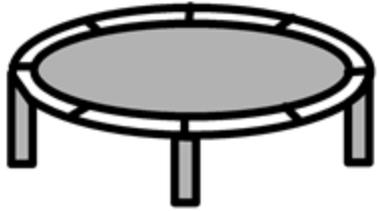


board game



# Timeline symbols for outside activities

trampoline



play football



catch



ball



bike



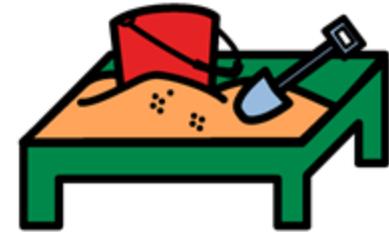
water play



chase



sand pit



water plants



digging



scooter

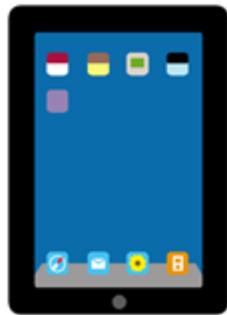


swing



# Timeline symbols for electronics

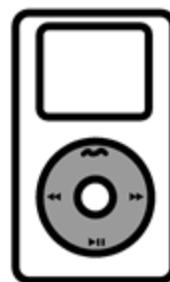
iPad



computer



iPod



playstation



xbox



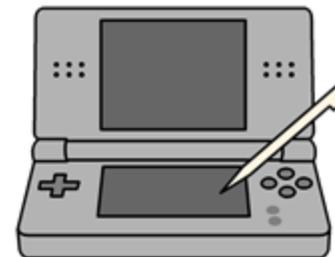
nintendo switch



wii



DS



game boy



mobile phone



laptop



television



# Timeline symbols for electronics

youtube



helpkidzlearn



cbeebies



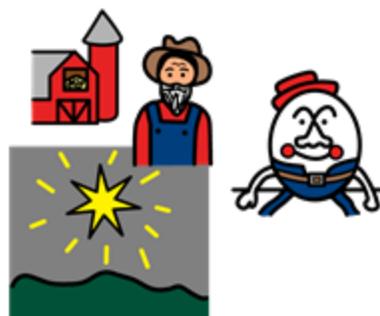
something special



pop song



nursery rhymes



the chase



social media



video chat



# Timeline symbols for sensory activities

play in sand



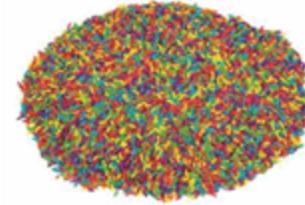
water play



foam



rice



shredded paper



leaves



therapy ball



bounce on ball



tent



light up toys



sensory toy



swing



## Other symbols for



**If you require any further advice on how to use timelines with your young person please contact their Teacher or Speech and Language Therapist.**