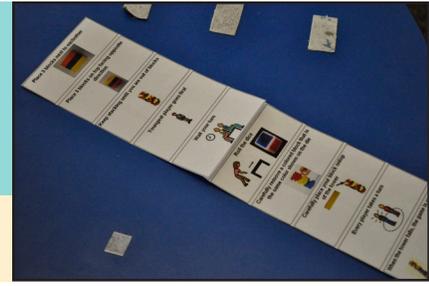


How~To Templates

Activity Schedules



Individuals with an autism spectrum disorder (ASD) sometimes have difficulties with sequential processing (i.e., learning the order of events). These difficulties with sequential processing may result in individuals becoming anxious or overwhelmed in certain situations, which in turn may lead to problem behaviors to communicate that anxiety. In contrast, individuals with ASDs often have strengths in visual processing. As a result of this strength, the use of visual schedules can help the individual better understand expectations, thus reducing the likelihood of negative behaviors.

An activity schedule is a visual representation or sequence of pictures or words that represent each step during an activity. Much like a visual schedule represents the activities an individual will complete during the course of an entire day, an activity schedule represents the steps to completing one activity within the day. For example, an activity schedule might list the specific steps involved in brushing teeth, getting dressed, or playing with play dough.

Daily schedules and activity schedules (mini schedules) are often used in connection with one another. For example, a daily schedule for home might show an individual that in the morning s/he must get dressed, eat breakfast, and then brush teeth. After s/he checks the schedule and sees it is time to get dressed, s/he may go to his/her closet where s/he finds an activity schedule that outlines each step of getting dressed (take off pajama shirt, take off pajama pants, put on clean shirt, put on clean underwear, put on clean pants, put on 2 socks, etc). The individual then returns to his/her daily schedule and sees it is time to eat. S/he eats independently and then checks his schedule again. S/he now sees it is time to brush his/her teeth and goes to the bathroom. In the bathroom s/he may find an activity schedule that outlines each step of brushing teeth. By combining both types of schedules, the individual can successfully manage the larger daily transitions as well as understand how to complete the more complex tasks in his day.

There are a variety of activity schedule formats available (e.g., picture, word, pull-off, check off). For details on each format, refer to the information for visual schedules on this website.



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Also, check out...

How-To Video: First-Then Board

How-To Template: Choice Board

How-To Template: Visual Schedules

How-To Template: Board Games

How-To Schedule: First-Then Board

Kid's Corner Series

Life with ASD Series

Academia Series

Strategy in Practice

View/download these and other templates at www.HANDSinAutism.org/tools/HowToTemplates.html

How Do I Make an Activity Schedule?

1. Begin by determining which activities during the day are difficult for the individual to complete successfully (i.e., independently and without behavior).
2. Break complex tasks into several steps represented by pictures or words.
3. Be conscious of details (include even minor steps or details).
4. Consider making the final step on the activity schedule a picture or word that refers the individual back to their overall daily schedule (if s/he has one).

Materials provided are *samples only!*
They may need to be individualized to meet the particular needs of a person with an ASD!



Which Type of Activities Can Have an Activity Schedule

1. Activity Schedules are appropriate for a large range of activities or routines, including functional activities, work activities, and art activities.
2. Refer to the pictures provided for examples of a few situations in which Activity Schedules might prove helpful.

To Make: Pull-Off Schedule

1. Begin by selecting an activity for which such a schedule is appropriate.
2. Write down every step of the activity .
3. Check your written list by having someone else follow the directions exactly as written, add in any steps that you missed.
4. Create picture or word cards to show each step (or use the templates shown here, if appropriate).
5. Laminate the schedule cards if possible.
6. Cut a rectangular piece of poster board so it is large enough for all the activities to be listed .
7. Place Velcro on the poster board in a straight line.
8. Use Velcro to place pictures or words on poster board.
9. Label a box or envelope with a "finished" picture (use the one provided here or create your own). This will be used to hold schedule cards after the pictured activity is completed.

To Make: Check-Off Schedule

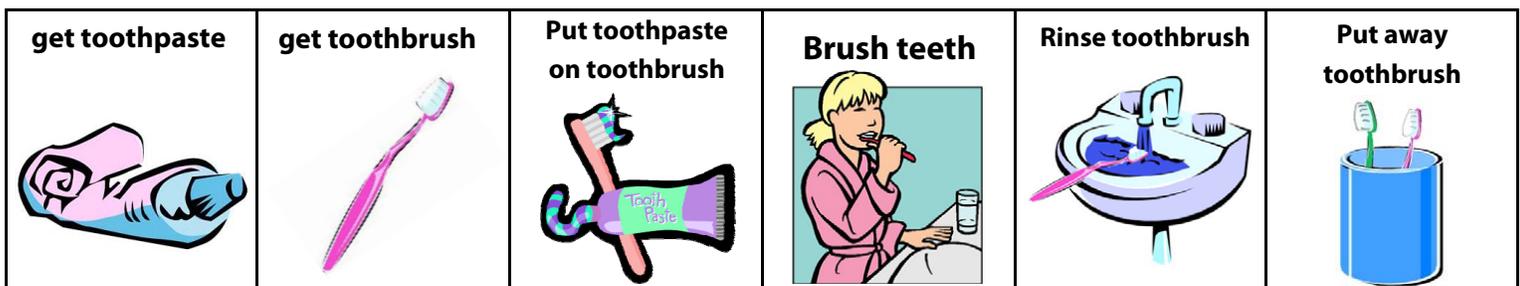
1. Begin by selecting an activity for which such a schedule is appropriate.
2. Write down every step of the activity.
3. Check your written list by having someone else follow the directions exactly as written, add in any steps that you missed.
4. Create picture or word cards to show each step (or use the templates shown here, if appropriate).
5. Laminate if possible.
6. Place the schedule on a hard surface and ensure a pen is always nearby. It can help to use a clipboard to keep everything in one place.

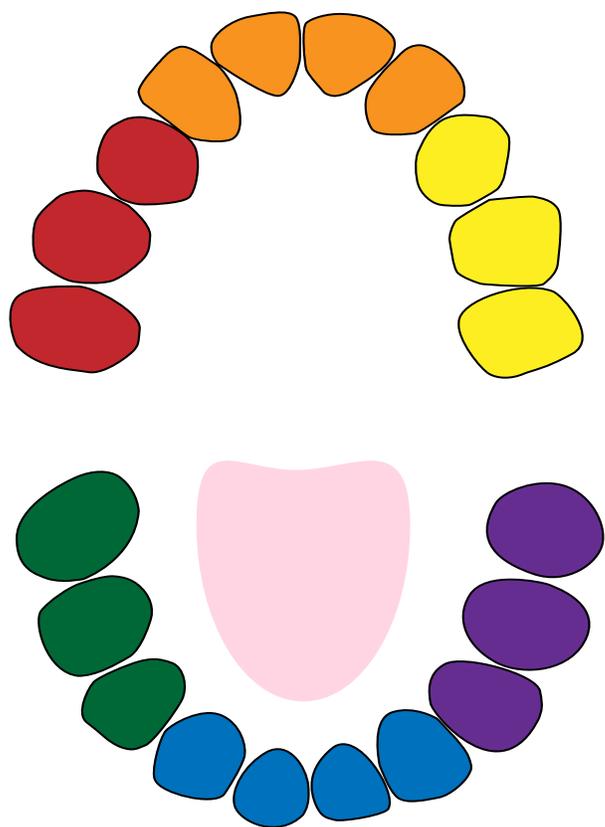
Examples of Schedule Adaptations

Toothbrushing

Pull-off schedule:

1. Cut out the steps
2. Velcro steps
3. Place them on board in order vertically or horizontally

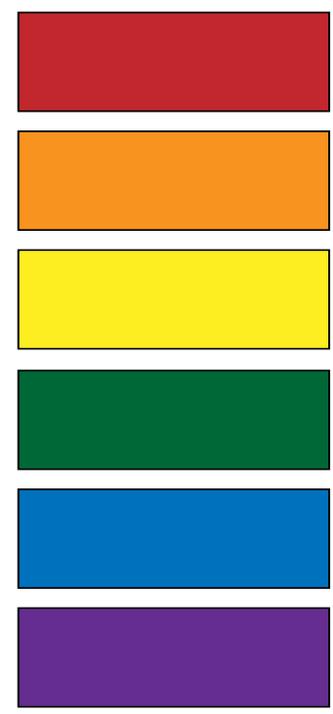
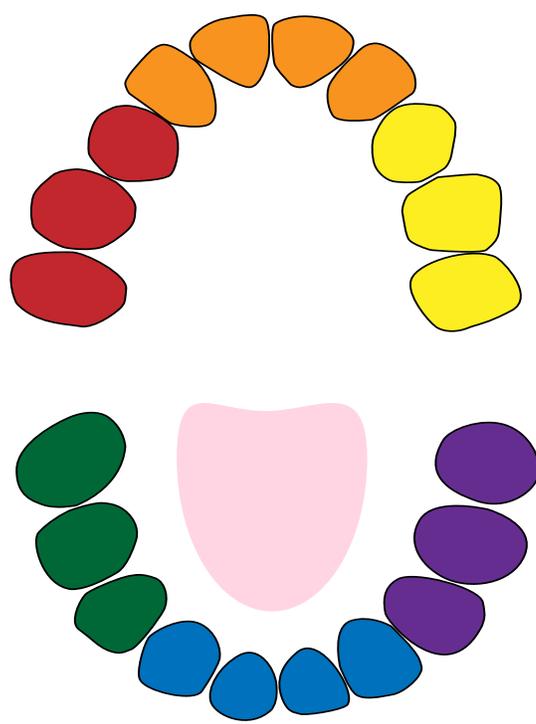


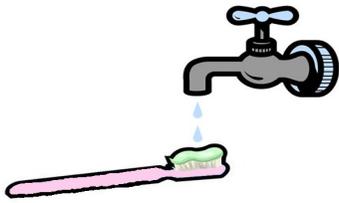


- Red
- Orange
- Yellow
- Green
- Blue
- Purple

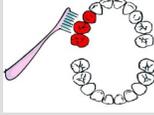
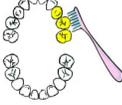
Color-coded check-off schedule:
1. Cut out the chart and list and place on a board

Color-coded pull-off schedule:
1. Cut out the squares
2. Place chart on a board
3. Put velcro and place next to the tooth chart





Time to Brush Your Teeth

<input type="checkbox"/>	Rinse toothbrush	
<input type="checkbox"/>	Squeeze toothpaste on toothbrush	
<input type="checkbox"/>	Brush top front teeth 10 times	
<input type="checkbox"/>	Brush top left teeth 10 times	
<input type="checkbox"/>	Brush top right teeth 10 times	
<input type="checkbox"/>	Brush bottom front teeth 10 times	
<input type="checkbox"/>	Brush bottom left teeth 10 times	
<input type="checkbox"/>	Brush bottom right teeth 10 times	
<input type="checkbox"/>	Rinse toothbrush	
<input type="checkbox"/>	Rinse mouth	
<input type="checkbox"/>	Wipe mouth	

Finished!