VISUAL SUPPORTS AND DAILY ROUTINES

After-School Decompression Visual Chart

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A visual chart for the first part of the after-school transition, when many children need recovery before talk or tasks.

These are simple, original My SEND Friend drawings and empty boxes you can fill. They are not PECS, Widgit, Boardmaker or any other licensed symbol system. Use the person's own words, photos, or drawings if those work better. A visual is a support, not a test — stop or change it if it adds pressure.

Who this is for

Families whose child comes home tired, overloaded, or not ready to talk about the day.

What is inside

- Why the first hour matters
- A decompression sequence
- A now-and-next arrival board
- A review page

Please read this first

This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. It does not guarantee an assessment, plan, adjustment, payment or any other outcome. Check current official guidance (for example GOV.UK) and get individual advice from SENDIASS, IPSEA or a suitably qualified adviser when you need it.

Home is allowed to be quieter first

After a full school day, a child may need food, movement, quiet, or time alone before questions. A short, visible sequence can make that permission clear for everyone in the house.

A possible after-school sequence

Swap the steps for what actually helps in your home. Keep the first half hour realistic.

1. 
   Arrive / bag down
2. 
   Snack or drink
3. 
   Quiet or movement
4. 
   Then talk or play
5. 
   Homework later
6. 
   Outside if needed
7. 
   Break if needed
8. 
   Ready for the evening

Arrival now and next

Use this at the door or on the fridge for the first two steps only.

NOW

Place a card or write here

NEXT

Place a card or write here

These visuals use simple original drawings from My SEND Friend. They are not from a licensed symbol library.

Our after-school plan

What arrival usually looks like now

The sequence we will try, and what we will not ask for straight away

After a week: what helped, and what we will change

Useful next steps and sources

Use what helped in this pack and leave the rest. You can come back to it when you need to. Live tools on mysendfriend.co.uk remain free, including Help Me Now, the SEND Letter Builder, the Reasonable Adjustments Builder, the DLA and PIP Claim Planners, and the free resources hub. Saving work to My SEND Plan is optional.

Where to check official or independent information

Guidance and benefit rules can change. Check the current official position, and get individual advice when you need it.

- mysendfriend.co.uk visual supports and family tools
- Adapt every chart to words and pictures the person already knows
- This is not a behavioural programme and it is not a licensed symbol set

A reminder about this free pack

This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. Using it does not start a statutory process or guarantee a particular outcome. Adapt every page to your situation.

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