VISUAL SUPPORTS AND DAILY ROUTINES

Evening and Bedtime Routine Chart

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A visual evening and bedtime routine, with a wind-down sequence and space to plan what helps sleep.

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. This is not medical advice about sleep.

Who this is for

Families who want a calmer, more predictable end to the day.

What is inside

- A kind wind-down
- A visual sequence
- A nightly chart
- A short sleep notes 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.

Slow the ending down

An evening chart should protect wind-down time, not cram in every leftover task. Keep the last steps the same most nights if you can. Screens, homework, and difficult conversations may need their own place earlier in the evening.

A possible evening sequence

Change this to match your home. The last few steps often matter most.

1. Home / arrive
2. Eat
3. Quiet or play
4. Wash / teeth
5. Pyjamas
6. Story or calm
7. Lights / bed
8. Finished / sleep

Our evening chart

Use order, or add times if they help rather than hinder.

	This evening
After school or after dinner	
Then	
Wind-down	
Wash and change	
Bedtime last steps	
If I wake in the night (optional note)	

Evening cards



Home



Eat



Play



Quiet



Book



Toilet



Bed



Finished



Help



Break

My own

My own

What helps at bedtime

What already helps, and what we will try for a week

What we will do if falling asleep, or settling after waking, is hard

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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