VISUAL SUPPORTS AND DAILY ROUTINES

Reward and I Did It Charts

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Gentle “I did it” charts and optional reward charts, written so achievement is noticed without turning every day into a score.

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. A chart should never be used to withhold food, care, or a break.

Who this is for

Families who want a way to notice effort or completed steps, used carefully and only if it feels kind.

What is inside

- When a chart helps, and when it does not
- I did it charts
- An optional reward chart
- 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.

Notice effort, do not trap anyone

Some people like seeing a completed step. Others find charts shaming or stressful, especially if the target was never realistic. Use an “I did it” chart to record success, not to display failure. If you use a reward, keep it small, agreed, and easy to earn at first. Never attach a chart to basic needs.

I did it — this week

Tick or colour a box when something is finished. Leave boxes blank without comment if a day did not go that way.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Something I did							
Something I did							
A note if I want one							

Optional reward chart, if we choose to use one

Fill this in together. If it starts to cause pressure, put it away.

What we are noticing

How many “I did it” marks make a small agreed reward, if any

The reward, if we are using one

When we will review this chart

How we will notice effort on a hard day, even if the chart is empty

Review

Is this chart helping, or is it adding pressure? What we will keep or stop

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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