VISUAL SUPPORTS AND DAILY ROUTINES

Visual Daily Timetable

Free download · My SEND Friend Shop

A printable visual timetable for mapping a day into clear, changeable parts, at home or in a setting.

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 and settings who want a simple daily sequence the person can see and change.

What is inside

- How to try a timetable without pressure
- A weekday timetable
- A simpler one-day board
- Cards you can cut out and move

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.

A timetable is a map, not a contract

Show what is happening, in an order the person can see. Keep the first version short. Leave space for change, and have a way to show when something is finished or has moved. If a full day is too much, start with morning only, or with now and next.

- Use words the person already uses, or add your own drawings or photos.
- Build the timetable with them if you can, rather than presenting a finished list.
- When a plan changes, move the card together and say what is happening instead.
- Stop if the timetable becomes a source of argument or distress.

Weekday timetable

Write or stick a word or picture in each box. Leave boxes blank if you do not need them. You can print more than one copy.

	Monday	Tuesday	Wednesday	Thursday	Friday
Wake / morning					
School or morning activity					
Lunch					
Afternoon					
After school					
Evening					
Bedtime					

A simpler one-day board

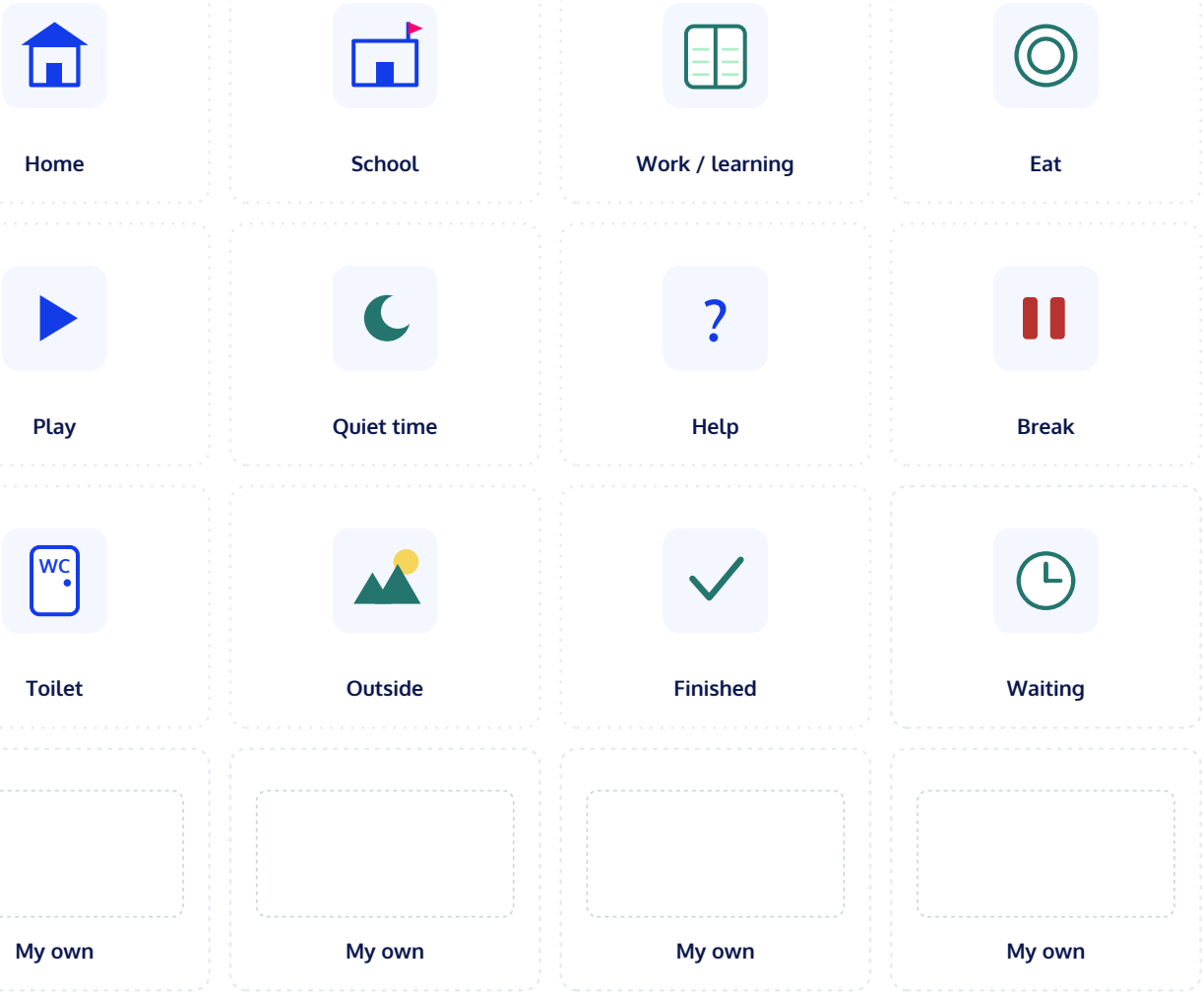
Use this when a full week is too much, or for a one-off day that needs its own plan.

This day

First	
Then	
Next	
Later	
Then	
Last	

Movable day cards

Cut these out, or copy them onto card, and move them onto the timetable. Add your own on the blank cards.



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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