BUNDLES AND STARTER KITS

# Visual Supports at Home Bundle

Free download · My SEND Friend Shop

A free bundle of everyday visual supports for home: a daily timetable, now and next, first-then, a choice board, help and break cards, a feelings thermometer, emotion cards, and morning and bedtime charts.

These use simple original My SEND Friend drawings. They are not a licensed symbol set. Adapt the words to the person, and stop if a visual adds pressure.

**Who this is for**

Families and supporters who want these packs in one download.

**What is inside**

- Visual Daily Timetable
- Now and Next Visual Board
- First Then Activity Cards
- Choice Board
- Help and Break Request Cards
- ...and the rest of the packs listed inside

**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.

## What is in this zip

This is a free My SEND Friend Shop bundle. Each pack is a separate PDF. You can print only the pages you need. The same packs are also listed individually in the shop.

Open the files on a device if you want to type into the fillable fields. Some browser previews do not reliably save form entries — use a PDF reader, then save a copy.

- Visual Daily Timetable (visual-daily-timetable.pdf)
- Now and Next Visual Board (now-and-next-visual-board.pdf)
- First Then Activity Cards (first-then-activity-cards.pdf)
- Choice Board (choice-board.pdf)
- Help and Break Request Cards (help-and-break-request-cards.pdf)
- Feelings Thermometer (feelings-thermometer.pdf)
- Printable Emotion Cards (printable-emotion-cards.pdf)
- Morning Routine Chart (morning-routine-chart.pdf)
- Evening and Bedtime Routine Chart (evening-and-bedtime-routine-chart.pdf)

# A simple order you could use

### The first pack I will open, and why

### Questions I will take to SENDIASS, a welfare-rights adviser, or another service, if I need advice

# 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.

- The individual packs in this zip, also listed separately in My SEND Friend Shop
- mysendfriend.co.uk

**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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