VISUAL SUPPORTS AND DAILY ROUTINES

Waiting and Turn-Taking Visuals

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Simple visuals for waiting, taking turns, and knowing when it is your go, without turning the wait into a test.

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 calmer way to show "not yet" and "your turn".

What is inside

- How to make waiting visible
- A waiting board
- Turn-taking cards
- A short practice planner

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.

Waiting is easier when it has an end

If someone has to wait, they need to know what they are waiting for and, if you can say, what will tell them it is time. A sand timer, a “wait” card, or a now-and-next board can help. Do not use waiting visuals to make a person hold on longer than they can manage.

Waiting board

Put the wait in Now, and the thing that happens afterwards in Next. Or use “your turn” and “waiting”.

How to try it
If you use a timer, place it where it can be seen. When the wait is over, move or turn the card straight away.

WAITING

Place a card or write here

THEN IT IS

Place a card or write here

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

Turn-taking cards

These can sit on a table during a game or a group activity.

My turn

Your turn



Waiting



Finished



Help



Stop / break

Where we will try this

Situations where waiting is hard, and a realistic wait we will practise

What the person can do while waiting, if they need something to hold or look at

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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