VISUAL SUPPORTS AND DAILY ROUTINES

Weekend and Holiday Visual Timetable

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A looser visual timetable for weekends, holidays and odd days, when the usual weekday structure is gone.

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 who find unstructured days harder, or who want a gentle plan without making a holiday feel like school.

What is inside

- A lighter kind of plan
- A weekend board
- A holiday-day board
- Cards and a "change of plan" note

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.

Structure without stealing the break

Weekends and holidays can be joyful and also disorienting. A simple plan — morning, something to look forward to, rest, and a predictable ending — is often enough. Leave blank space on purpose. Show changes when they happen.

Weekend board

You do not have to fill every box.

	Saturday	Sunday
Morning		
Something we are doing		
Lunch		
Rest or quiet		
Afternoon		
Evening		

A holiday or odd day

Use one of these for a trip, a quieter day at home, or a day that needs its own plan.

	This day
Morning	
Then	
Middle of the day	
A rest or quiet time	
Later	
Evening / bedtime	

Weekend and holiday cards



Home



Outside



Play



Eat



Quiet

Trip / out



Book



Finished



Wait



Help

My own

My own

If the plan changes

How we will show a change of plan, in words the person already knows

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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