

Visual Daily Routine Schedule

Morning Routine

- Wake Up and Bathroom Routine ✨
- Breakfast Together 🍳
- Visual Schedule Check-In 📅
- Morning Movement (Stretching or Dance Break) 🧘👧

Learning & Therapy Activities

- Fine Motor Skills Practice (Coloring, Cutting Shapes) 🧠
- Communication Practice (Simple Q&A, Picture Cards) 🗣️📷
- Sensory Play Time (Play-Doh, Water Play) 🧴

Midday Break

- Snack Time 🍌
- Story Time (Listening to a Short Book) 📖
- Relaxation Corner (Deep Breathing, Calm Music) 🎵

Afternoon Activities

- Outdoor Play or Exercise (Walk, Playground) 🍷
- Role Play Games (Pretend Store, Doctor Visit) 🧑🏠🧑🏠
- Matching Games / Puzzle Time 🧩

Evening Routine

- Dinner Together 🍽️
- Family Sharing Time (Everyone Shares 1 Good Thing About Today) ✨
- Prepare for Bed (Bath, Pajamas, Brush Teeth) 🛁
- Bedtime Story & Goodnight, Routine 🌙

Tips for Parents:

- Keep transitions smooth with 5-minute warnings.
- Celebrate small wins with claps or stickers!
- Flexibility is key — adjust the schedule as needed for your child's energy and mood.

Harmony Therapy and Learning Centre

Empowering Every Child to Reach Their Full Potential 🚀