



## Simple Visual Schedule

A **structured daily routine** helps children feel **more secure**, **develop independence**, and **transition smoothly** between activities. Use this **printable schedule** to create a **clear, easy-to-follow plan** for your child's day.

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### Morning Routine

- ☒ Wake up & get dressed
  - ☒ Eat breakfast
  - ☒ Brush teeth & wash face
  - ☒ Pack backpack & put on shoes ☒ Head to school
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### School Hours

*(Use this space to write your child's school start and end time.)*



Start Time: \_\_\_\_\_



End Time: \_\_\_\_\_

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### After-School Routine

- ☒ Unpack backpack
  - ☒ Snack & relax
  - ☒ Homework time
  - ☒ Playtime or extracurricular activities
  - ☒ Dinner with family
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## Homework Time

 Start Time: \_\_\_\_\_

 End Time: \_\_\_\_\_

- ☒ Find a quiet workspace
- ☒ Complete assignments
- ☒ Pack up materials for tomorrow

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## Bedtime Routine

- ☒ Take a bath/shower
- ☒ Brush teeth & put on pajamas
- ☒ Read a book or do a calming activity
- ☒ Lights out & sleep

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## Customizing Your Child's Schedule

- ☒ Add **pictures or icons** for younger children who benefit from **visual cues**.
- ☒ **Laminate and use dry-erase markers** for flexibility.
- ☒ **Adjust times and activities** based on your child's needs.

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## Empower • Educate • Elevate

A **predictable routine** helps children develop **responsibility, confidence, and success**.

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EMPOWER. EDUCATE. ELEVATE.

## 💡 Need Help Creating a Personalized Routine?

Book a **free 30-minute consultation** for expert guidance on **customizing daily schedules** that support your child's **success and independence**.



[Schedule Here](#)

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🌐 **Website:** [TrottaLearningSolutions.com](https://TrottaLearningSolutions.com)

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❤ Which part of the schedule will your child take ownership of today? ☒

*Warmly,*

*Tom*