



## Visual Schedule Template

Creating a structured daily routine helps children with ADHD and learning differences navigate their day with confidence. Use this customizable schedule to set clear expectations and build independence.

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### Morning Routine

- ☒ Wake Up
  - ☒ Brush Teeth
  - ☒ Get Dressed
  - ☒ Eat Breakfast
  - ☒ Pack Backpack
  - ☒ Head to School
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### After-School Routine

- ☒ Unpack Backpack
  - ☒ Snack & Relax
  - ☒ Homework Time
  - ☒ Playtime or Activity
  - ☒ Dinner with Family
  - ☒ Screen Time (if allowed)
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### Bedtime Routine

- ☒ Pajamas On
- ☒ Brush Teeth
- ☒ Story Time or Quiet Activity
- ☒ Lights Out & Sleep



Let's Connect!




## Customizable Checklist

For older kids, use a checklist format to track completed tasks:

- ☐ Task 1: \_\_\_\_\_
- ☐ Task 2: \_\_\_\_\_
- ☐ Task 3: \_\_\_\_\_
- ☐ Task 4: \_\_\_\_\_
- ☐ Task 5: \_\_\_\_\_

For younger children, consider **picture-based schedules** with images representing each step in their routine.

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 Want to learn more about how a visual schedule can help your child take charge of their day?

Book a **free 30-minute consultation** to get **personalized guidance**.



[Schedule Here](#)


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 **Contact:** [TrottaLearningSolutions@gmail.com](mailto:TrottaLearningSolutions@gmail.com)

 **Website:** [TrottaLearningSolutions.com](http://TrottaLearningSolutions.com)

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Consistent routines help children feel more in control of their day. **Which part of the schedule will you start with today?** 

*Warmly,*

*Tom*