



Schedules and Routines

► Create a visual schedule. Use it consistently.

Visuals support children by providing a reminder of the upcoming activities.

► Keep your schedule simple.

An effective visual schedule reflects only the major events of the day.

► Balance activities throughout the day.

Have a mix of active/quiet activities and teacher-directed/child-initiated activities.

► Post your schedule.

Make sure children and adults can see the schedule throughout the day.

► Refer to your schedule often.

Children need the predictability of a routine and schedule.

► Provide individual schedules or schedules with activities.

Breaking down the steps of a routine—such as hand washing—or the parts of an activity help children know what is expected of them.

► Let children know when the schedule changes.

Provide reminders and visual cues when something different than the usual routine occurs.

Encourage
children when
they follow the
schedule!

