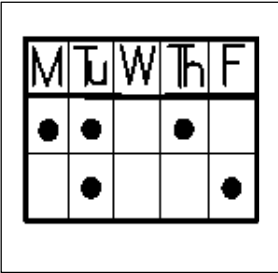


Individual Timetables



What is it?

All classes in school have some sort of visual timetable appropriate to the age and ability of the pupils in the class. Some pupils however have an individual timetable in addition to the class one. This provides a visual prompt for the pupil to know what is happening now, what is next and when it is finished.

The most basic visual timetable would be a 'first/then' prompt, moving on to a half day or full day timetable. Timetables can be photos, symbols or written. Once an activity is finished the photo/symbol should be taken off and put in a finished box/bag or if it is a written timetable, ticked or crossed off.

First...then



Symbol timetable
(using now and finished)



Written half day timetable

Day:.....Lesson:..	
Work I need to do:*	Finished:*
x	x
x	x
x	x
Then it's time for:*	

Why use one?

It helps pupils on the autism spectrum to understand, predict and control their environment. If a timetable is set up and working effectively the pupil should be able to operate more independently within their environment and it should lead to a decrease in anxiety levels.



Whole class symbol timetable