

Routines at Home

For some of our students a routine helps them feel safe and secure in their environment. It helps to make everything more predictable and helps them to have an understanding of what time/stage of the day they are at.

Attached to this is a folder of symbols that you could use to help make a visual timetable of the day. This is one way of helping our students to understand their day. If you are able to then you can print the pictures that apply to your daily routine and put them in a line on a table or blue tack them to a wall to help your child understand the routine of each day. Alternatively, if you can't print them you can show them on your phone or computer to let a student know what is going to happen next. Please email if there are any further symbols that you need but you can also take photographs of the toy/activity which are just as good!

At school we use songs throughout the day to help our students recognise what time of the day it is, it is especially helpful to those who are visually impaired. The song is used as a reference so that a student understands what is about to happen. It doesn't matter which song you choose or if you play it on youtube or sing it yourself. The important thing is to use the same song each time as it will take a while for a student to remember what hearing the song means!

These are some ideas but you can choose your own for any activity:

Waking up in the morning

<https://www.youtube.com/watch?v=rDxUkk-Am5Y>

<https://www.youtube.com/watch?v=YJXPTnPmm78>

Good morning song

<https://www.youtube.com/watch?v=bcCAZO09OBk>

Brushing teeth

<https://www.youtube.com/watch?v=wxMrtK-kYnE>

Shower/bath

<https://www.youtube.com/watch?v=dwbiJgMrN1E>

<https://www.youtube.com/watch?v=50-oTkmF5I>

Brushing hair

<https://www.youtube.com/watch?v=yNzwTiC7Z5I>

Get dressed

<https://www.youtube.com/watch?v=-ncuYtyadPA>

Breakfast

<https://www.youtube.com/watch?v=1ClCpfeIElw>

Lunchtime

<https://www.youtube.com/watch?v=ly7PONiKGUs>

Dinner

<https://www.youtube.com/watch?v=fIBrQ5GT-Kc>

Tidy up

<https://www.youtube.com/watch?v=Dhw6JDF4A0Q>

Bedtime

<https://www.youtube.com/watch?v=R6dWH77cgFk>

<https://www.youtube.com/watch?v=TXbHShUnwxY>