

## FAMILY RESOURCES

# Free Visual Schedule Templates for Autism

Ready-to-print daily schedules, a first-then board, a full-day timetable, a blank you can make your own, and cut-out picture cards. Made for autistic children, grounded in evidence-based practice.

**9**

printable templates

**28**

picture cards



# Structure that helps, on the first try.

Visual schedules show your child what happens next, in pictures instead of words. That predictability lowers anxiety and makes transitions smoother. Print what you need, and start with one routine.

**New to ABA therapy, or want a plan built for your child?** Alpaca Health matches families with a vetted BCBA, often within days. We handle the insurance paperwork.

[Get matched →](#)

- 1 Pick one routine to start.** Choose the part of the day that feels hardest, usually mornings or bedtime. One schedule at a time works better than all of them at once.
- 2 Print, and make it last.** Print in color or black and white. Laminate it, or slip it in a page protector, so you can reuse it with a dry-erase marker or velcro.
- 3 Use real photos when you can.** Cut-out cards work well, and photos of your own child doing each step work even better, because they recognize themselves.
- 4 Walk through it together.** Point to each step. Ask "what's next?" Let your child check off or move each one. That small win is part of what makes it stick.









## WHAT'S INSIDE

Morning, bedtime, and after-school routine schedules · a blank daily schedule · a full-day visual timetable · a first-then board · a now / next / later board · a choice board · 28 cut-out picture cards · a token board (reward chart).

**Grounded in evidence-based practice.** Visual schedules are recognized as an evidence-based practice for autistic children (National Clearinghouse on Autism Evidence and Practice, 2020; National Standards Project, 2015) and are widely used by BCBA's in ABA therapy. These templates support your routines at home; they are not medical advice or a substitute for a personalized plan. Sources on the last page.

# Morning Routine







A ready-to-use morning, with pictures. Check off each step as your child finishes it.

- |   |   |                  |                          |
|---|---|------------------|--------------------------|
| 1 |    | Wake up          | <input type="checkbox"/> |
| 2 |    | Use the bathroom | <input type="checkbox"/> |
| 3 |    | Brush teeth      | <input type="checkbox"/> |
| 4 |    | Get dressed      | <input type="checkbox"/> |
| 5 |  | Eat breakfast    | <input type="checkbox"/> |
| 6 |  | Brush hair       | <input type="checkbox"/> |
| 7 |  | Shoes on         | <input type="checkbox"/> |
| 8 |  | Pack backpack    | <input type="checkbox"/> |

**How to use it:** Keep it by the bedroom or bathroom door. Walk through it together each morning. As the routine sticks, step back and let your child lead it.

# Bedtime Routine







A calm, predictable wind-down. The same order every night helps sleep come easier.

-  Take a bath
-  Put on pajamas
-  Brush teeth
-  Drink of water
-  Story time
-  Lights out

**How to use it:** Start the routine at the same time each night. Keep the last step calm and quiet. Predictability is what signals your child's body that sleep is coming.

# After-School Routine

The bridge from school to home. A snack and downtime first, then the rest of the afternoon.






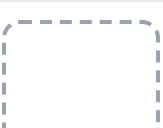


- |   |   |                   |                          |
|---|---|-------------------|--------------------------|
| 1 |    | Have a snack      | <input type="checkbox"/> |
| 2 |    | Quiet / rest time | <input type="checkbox"/> |
| 3 |    | Homework          | <input type="checkbox"/> |
| 4 |    | Playtime          | <input type="checkbox"/> |
| 5 |  | One chore         | <input type="checkbox"/> |
| 6 |  | Dinner            | <input type="checkbox"/> |

**How to use it:** Build in decompression before any demands, school is tiring. Let your child see that fun and rest come as part of the plan, not only after everything is done.

# Blank Daily Visual Schedule

Draw, add a sticker, or glue a cut-out card for each step. Write the word next to it.

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1		_____	<input type="checkbox"/>
2		_____	<input type="checkbox"/>
3		_____	<input type="checkbox"/>
4		_____	<input type="checkbox"/>
5		_____	<input type="checkbox"/>
6		_____	<input type="checkbox"/>
7		_____	<input type="checkbox"/>
8		_____	<input type="checkbox"/>

**Make it yours:** Use the cut-out picture cards at the back, or take real photos of your child doing each step. Keep it in the same spot every day so it becomes part of the routine.


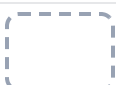

# Full-Day Visual Timetable

Plan the whole day at a glance. Fill in the time, add a picture, and write each activity.


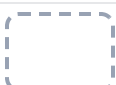
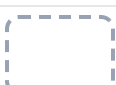
## Morning

_____		_____
_____		_____
_____		_____

## Afternoon

_____		_____
_____		_____
_____		_____

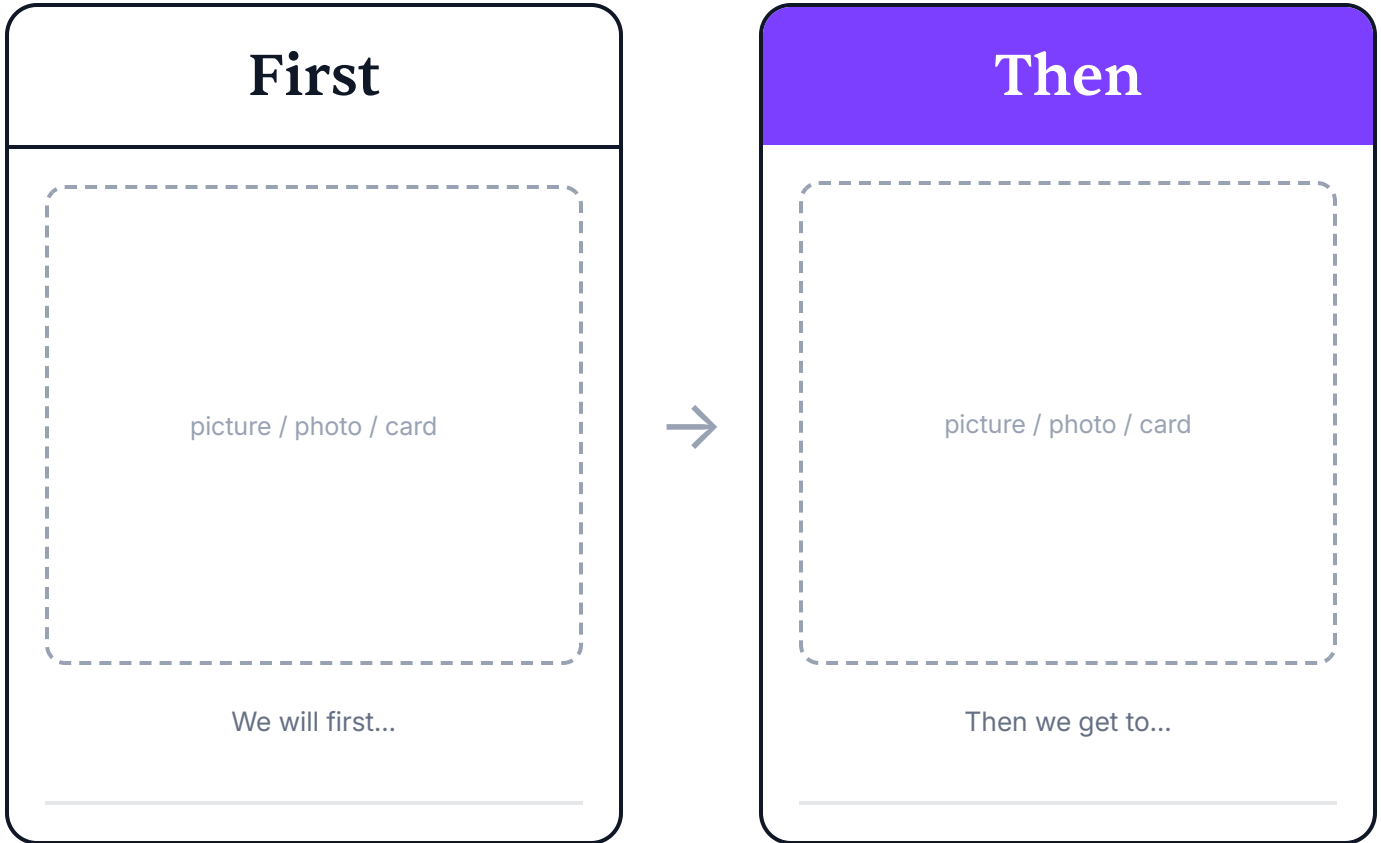
## Evening

_____		_____
_____		_____
_____		_____

**How to use it:** Seeing the whole day at once helps on unpredictable days, appointments, or school breaks. Move a marker to "now" as the day goes.

# First-Then Board

Show the "have-to" first, the motivating thing second.  
Point to "First," then "Then," before a transition.



**How to use it:** Put the task on the left and something your child likes on the right. Keep it short and predictable. As the routine gets familiar, you can fade the board out, it has done its job.

# Now · Next · Later

For longer stretches: show three steps at once so your child can see the whole plan.

The image shows a visual schedule template consisting of three vertical panels. The first panel is labeled 'Now' and contains a dashed rectangular box with the text 'picture / card' inside, and a horizontal line below it. The second panel is labeled 'Next' and contains a dashed rectangular box with the text 'picture / card' inside, and a horizontal line below it. The third panel is labeled 'Later' and has a purple header with the text 'Later' in white. It contains a dashed rectangular box with the text 'picture / card' inside, and a horizontal line below it.

**How to use it:** Great for outings, appointments, or a busy afternoon. Slide "Next" into "Now" as each step is done, so there is always a clear plan in view.

# Choice Board

Offer 2 to 6 real choices. Letting your child choose builds communication and lowers power struggles.

I would like to...

















<p>picture / card</p>	<p>picture / card</p>	<p>picture / card</p>
<p>picture / card</p>	<p>picture / card</p>	<p>picture / card</p>

**How to use it:** Fill the boxes with real options (snacks, toys, activities). Ask your child to point to or hand you their choice, then honor it. Choice-making is a low-pressure way to communicate.

# Cut-Out Picture Cards

















Build any schedule from these. Cut them out and place them on the blank schedule or first-then board.

✂ Cut along the lines. Laminate, then attach with velcro or tape so cards can be reused.

 Wake up	 Bathroom	 Brush teeth	 Wash up
 Get dressed	 Brush hair	 Shoes on	 Breakfast
 Snack	 Drink	 Backpack	 Bus / school
 School	 Homework	 Play	 Outside

# Cut-Out Picture Cards (more)

Build any schedule from these. Cut them out and place them on the blank schedule or first-then board.

 Screen time	 Read a book	 Chores	 Clean up
 Dinner	 Bath	 Pajamas	 Calm down
 Quiet time	 Bedtime	 Lights out	 All done
 _____	 _____	 _____	 _____

# Token Board

Each finished step earns a token. Fill the board, earn the reward. Pick the size that fits your child.

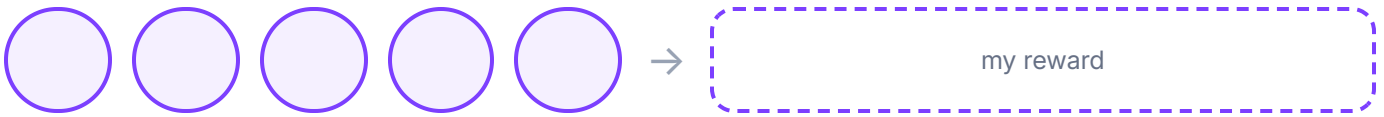
## Starter board – 3 tokens

I am working for: \_\_\_\_\_



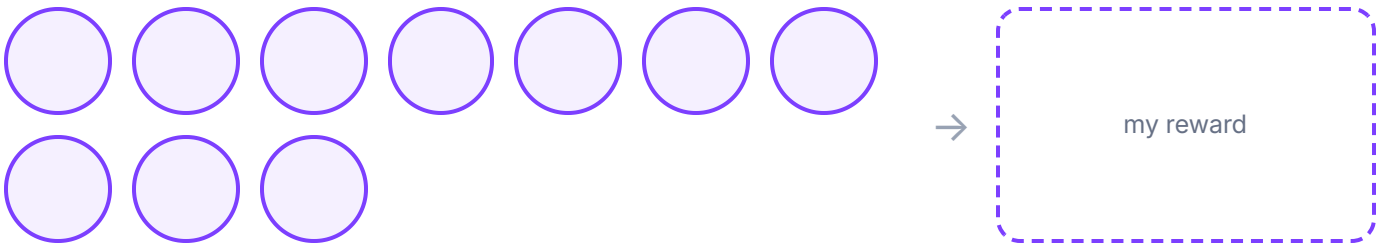
## Building board – 5 tokens

I am working for: \_\_\_\_\_



## Challenge board – 10 tokens

I am working for: \_\_\_\_\_



**How to use it:** Start small so the first win comes fast, then grow the board. Let your child place each token. Always deliver the reward when the board is full, that trust is what makes it work.

# Some things are easier with a BCBA in your corner.

These templates are a strong start. Some moments call for a professional who can build a plan around your specific child. Reach out if you notice:

- Transitions stay hard even after a few weeks with a visual schedule.
- New or intense behaviors, or anything that feels unsafe.
- Your child was recently diagnosed and you want a clear, personalized plan.
- You simply want expert guidance and someone to share the load.

## Get matched with a BCBA, often within days.

Alpaca Health connects families with vetted, in-network Board Certified Behavior Analysts, at home, in clinic, at school, or by telehealth. We handle the insurance paperwork. You focus on your child.

[Start your intake →](#)

[secure.alpacahealth.io/signup](https://secure.alpacahealth.io/signup)



Scan to start

# References & a note

Visual schedules are a well-established, evidence-based practice for autistic children.

Key sources:

National Autism Center. (2015). *Findings and Conclusions: National Standards Project, Phase 2*. Randolph, MA: National Autism Center.

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Steinbrenner, J. R., Hume, K., Odom, S. L., et al. (2020). *Evidence-Based Practices for Children, Youth, and Young Adults with Autism*. National Clearinghouse on Autism Evidence and Practice, University of North Carolina.

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Mesibov, G. B., Shea, V., & Schopler, E. (2005). *The TEACCH Approach to Autism Spectrum Disorders*. New York: Springer.

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Knight, V., Sartini, E., & Spriggs, A. D. (2015). Evaluating visual activity schedules as evidence-based practice for individuals with autism spectrum disorders. *Journal of Autism and Developmental Disorders*, 45(1), 157-178.

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These templates are for education and family support. They are not medical advice, a diagnosis, or a treatment plan. Always consult a qualified professional for guidance specific to your child.