

# Visual Routine Cards

Print, cut along the dashed border, and place at your child's eye level. Three ready-made routines, plus a blank template for anything else.

Document 6 of 7

Used on Days 14, 21, 23

Visual supports are formally identified as an evidence-based practice for autistic children and young adults across a wide range of skills and settings <sup>[1]</sup> – they work by making "what happens next" concrete rather than something to guess at.



## USING THE CARDS WELL

1. **Point to the card before a transition starts**, not only in the middle of one – "Look, we're on step 3."
2. **Let your child move or flip a marker** as each step finishes, if that motivates them.
3. **Keep the wording exactly this short and concrete** – "Get dressed," not "Please try to get yourself dressed if you can."
4. **Update the card if the actual routine changes.** A stale schedule stops working quietly, without anyone noticing right away.

# Your four cards



## MORNING ROUTINE

### Getting Ready

1. ☀ Wake up & open the curtains
2. 🚿 Use the bathroom
3. 👕 Get dressed
4. 🍳 Eat breakfast
5. 🪥 Brush teeth
6. 🚪 Shoes & bag by the door

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Gentle Progress Family · Cut along the dashed line



## AFTER-SCHOOL ROUTINE

### Coming Home

1. 🚪 Shoes & bag away
2. 🍌 Snack & water
3. 🏃 20 minutes of movement or free play
4. 📖 Homework or quiet task time
5. ⭐ Screen time (if earned)
6. 🍽 Help with dinner prep

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# Bedtime & your own routine



## BEDTIME ROUTINE

### Wind-Down

1. ☺ Dinner finished
2. 🏃 Active play (last chance to move)
3. 🛀 Bath
4. 🛏 Pajamas
5. 🌙 Dim the lights
6. 📖 Story or song
7. 🌙 Bed

Gentle Progress Family · Cut along the dashed line



## BLANK TEMPLATE

### Your Routine

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

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**Sources for this guide:** [11] Steinbrenner et al., Evidence-Based Practices for Children, Youth, and Young Adults with Autism (2020). Full list of 19 references in Document 0 — Start Here.