

Trackers & Printable Library

A reusable full-day schedule template with a worked example, twelve brand-new activity cards fully explained one at a time, and a one-page 90-day overview with its own plain-language guide to filling it in.

Document 6 of 6

Used throughout all 90 days

Vestibular, proprioceptive and communication-building activities repeated in short, varied bursts across the day are consistently linked to real gains in regulation and attention^{[8][17]}. The twelve activities ahead give you fresh, fully-explained options for once your original Top 6 Picks start to feel repetitive.

Understanding the full-day schedule template



WHAT IS AN "ANCHOR EVENT"?

An anchor event is simply one of the handful of big, predictable moments in your child's day – not every single small thing that happens. The six rows already printed on the next page (Wake up, Breakfast, School/morning activity, After school, Dinner, Wind-down/bed) are examples of anchor events. You don't need to invent your own list – these six already work for most families, though you can rename any row to match your real day.



WHAT DOES "VISUAL CUE IDEA" MEAN?

This column is asking: what small picture, icon, or real object could stand in for this event, so your child recognises it by sight instead of needing to read a word? For example: a simple drawing of a plate can mean "breakfast," a photo of a toothbrush can mean "brush teeth," an actual small object like a sock can mean "getting dressed." Keep it simple: a quick drawing, a printed photo, or a real small object all work equally well – whatever your child recognises fastest.



A WORKED EXAMPLE, ALREADY FILLED IN

TIME	WHAT HAPPENS	VISUAL CUE IDEA
Wake up	Open curtains, get out of bed	Drawing of a sun
Breakfast	Eat at the table	Drawing of a plate

That's genuinely all that's expected in each box – a short phrase, not a full sentence. The blank template on the next page is yours to fill in exactly this way.

Your full-day schedule template

Fill in the middle and right columns for each row, the same way the worked example on the previous page did.

TIME	WHAT HAPPENS	VISUAL CUE IDEA
Wake up		
Breakfast		
School / morning activity		
After school		
Dinner		
Wind-down / bed		



KEEP IT TO SIX ROWS

Resist the urge to add more anchor points than this. Six clear, reliable checkpoints work better than twelve crowded ones – more than that stops being a helpful map and starts becoming noise your child has to filter through.

12 New Activity Cards — Sensory

These four are new to many families, so each one is explained fully before you try it — what it is, the goal, and why it actually helps.



TEXTURED SORTING BIN

What it is: A wide, shallow bin or tray filled with dried beans, rice and pasta all mixed together. Your child digs in with bare hands and sorts each type into its own small bowl.

Goal: To give calm, repetitive hand input while practising a simple sorting task — something to focus on that isn't screen-based or verbal.

Why it helps your child: Repetitive touch input like this can have a genuinely calming, organizing effect on an overwhelmed nervous system, while the sorting itself quietly builds fine-motor and attention skills at the same time.



WEIGHTED LAP PAD

What it is: A small homemade pillowcase filled with dry rice or beans and sewn or tied shut, placed on your child's lap during a seated task like homework, a meal, or watching a video.

Goal: To provide steady, gentle pressure on the body during moments that require sitting still — something many children find genuinely harder than adults expect.

Why it helps your child: Deep, steady pressure (sometimes called proprioceptive input) is widely reported to have a calming, grounding effect, similar to the comfort of a firm hug, making it easier for a child's body to stay settled.



ICE CUBE PAINTING

What it is: Freeze water mixed with a little food colouring into ice cube trays. Let your child hold and move the coloured ice over thick paper as it melts, creating a painting.

Goal: To combine a novel cold sensory experience with a visual, low-mess creative activity.

Why it helps your child: New, safe sensory experiences like cold and melting textures give a child's sensory system valuable practice processing different kinds of input in a fun, pressure-free way.



SCENTED PLAYDOUGH

What it is: Homemade playdough with one mild scent mixed in, such as a drop of vanilla extract or a small pinch of cinnamon.

Goal: To combine calming hand-squeezing input with a gentle, pleasant smell.

Why it helps your child: Squeezing, rolling and pressing playdough is one of the simplest, most reliable ways to give the hands heavy, calming work, and a familiar pleasant scent can add an extra layer of comfort for some children.

12 New Activity Cards — Communication



CHOICE BOARD SNACK TIME

What it is: Show your child two real snack options side by side — either the actual food items or two simple pictures of them — and wait for a point, a word, or any clear reach toward one before handing it over.

Goal: To create a low-pressure, everyday moment where your child practises making and expressing a choice.

Why it helps your child: Regularly giving a child real choices, and then genuinely waiting for their response, builds the expectation that their communication actually changes what happens next — a powerful, motivating lesson.



MIRROR TALK

What it is: Sit together facing a mirror. Take turns making a simple face or sound for the other person to copy, watching both faces in the reflection.

Goal: To practise back-and-forth imitation in a playful, pressure-free format.

Why it helps your child: Imitation games like this are closely linked to the back-and-forth turn-taking skills that later support real conversation, and doing it through a mirror often feels more like play than practice.



WHAT'S IN THE BAG

What it is: Place a familiar household object inside a cloth bag. Your child reaches in and feels it without looking, then tries to guess what it is before you reveal it together.

Goal: To build descriptive vocabulary and encourage your child to put a sensory experience into words.

Why it helps your child: This activity gives natural practice describing texture, shape and size — skills that support richer, more specific communication in everyday situations.



SONG FILL-IN-THE-BLANK

What it is: Sing a song your child knows very well, and pause right before the very last word of a familiar line, waiting quietly for them to fill it in.

Goal: To create a natural, low-pressure moment where your child is motivated to speak or vocalise.

Why it helps your child: Familiar, predictable songs are often one of the easiest places for a child to find and use words, because the pattern itself does most of the work — your pause simply leaves room for them to finish it.

12 New Activity Cards — Movement



ANIMAL WALK RELAY

What it is: Cross the room together imitating different animals — crawling like a bear, hopping like a frog, waddling like a duck — one animal per lap.

Goal: To provide full-body heavy-work movement disguised as an imaginative game.

Why it helps your child: Heavy, whole-body movement like this supports the same calming, organizing sensory input as more clinical proprioceptive activities, while staying fun and completely screen-free.



BALLOON VOLLEYBALL

What it is: Bat a balloon back and forth between you, trying to keep it from touching the ground, using open hands or a rolled-up paper "bat."

Goal: To build hand-eye coordination and shared attention through a slow-moving, low-risk game.

Why it helps your child: Because a balloon moves slowly and is impossible to hurt yourself with, it lets a child practise tracking and timing a moving object without the anxiety a faster ball might cause.



OBSTACLE COURSE WITH CUSHIONS

What it is: Set up a simple path using furniture and cushions already in your home: crawl under a table, step over two cushions, walk around a chair, in that order.

Goal: To practise following a physical sequence of steps in order, using large-muscle movement.

Why it helps your child: Following a sequence with your whole body builds the same kind of ordered thinking that later supports following a multi-step verbal instruction or a daily routine.



WALL PUSH-UPS

What it is: Stand facing a wall, hands flat against it at shoulder height, and push the body away and back ten times, like a standing push-up.

Goal: To give quick, strong input to the arms and shoulders using no equipment at all.

Why it helps your child: This kind of quick heavy-work burst is especially useful right before a hard transition, since it takes under a minute but still delivers a genuine, calming dose of proprioceptive input.

Understanding the 90-day overview tracker

This single page holds your whole season at a glance. Here is exactly what belongs in each column, with real examples.



FOOD COLUMN

Write a short word or phrase describing how food/mealtimes went that week. Examples: *"steady," "1 new food tried," "rough week," "tried sweet potato."*



COMMS COLUMN

"Comms" is short for communication. Write how communication moments went. Examples: *"2 new moments," "quiet week," "asked for snack unprompted," "used a picture card well."*



MOVEMENT COLUMN

Write how movement/activity time went. Examples: *"daily," "skipped most days," "loved the obstacle course," "3 out of 7 days."*



SENSORY COLUMN

Write how sensory support (quiet space, sensory diet) went. Examples: *"quiet space used daily," "overwhelmed twice," "headphones helped."*



SLEEP COLUMN

Write how sleep went. Examples: *"8pm lights working," "3 wake-ups," "best week yet," "still hard."*



ROUTINES COLUMN

Write how the visual schedule and daily routines held up. Examples: *"held steady," "fell apart Tuesday," "schedule updated."*

One word or a short phrase per box is genuinely enough – this page is meant to be read at a glance across all 12 weeks, not re-read like an essay.

Your 90-day overview tracker

One row per week, one short word or phrase per box — the whole season on a single page.

WK	FOOD	COMMS	MOVEMENT	SENSORY	SLEEP	ROUTINES
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						

Gentle Progress Family provides educational, routine, and caregiving resources. We are not a medical, therapy, or legal provider and don't diagnose, treat, or claim to cure autism, ADHD, or related conditions. Please involve your child's pediatrician, therapists, and school team in any health or educational decision.

Sources for this guide: [8] OT Sensory Integration RCT (2025) · [17] Vestibular/proprioceptive exercises RCT (2025). Full list of 10 references in Document 1 — Start Here.