

Trackers & Printable Library

A reusable full-day schedule template with a worked example, twelve entirely original activity cards you won't find in any of our other programs, and a one-page full-year overview with its own plain-language guide to filling it in.

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Used throughout all 365 days

Short, varied sensory, communication, and movement activities, repeated regularly across a day, are consistently linked to real gains in regulation and attention^{[8][17]}. The twelve activities ahead are brand new to this flagship — reach for them any time your family wants a fresh, ready-made option that takes under ten minutes to set up.

Making Sense of the Full-Day Schedule Template



WHAT COUNTS AS AN "ANCHOR POINT"?

An anchor point is one of a small handful of big, predictable landmarks in your child's day — not a record of everything that happens. The six rows already printed on the next page (Wake up, Breakfast, School/morning activity, After school, Dinner, Wind-down/bed) are a solid starting set that works for most families. Rename any row freely to match your household's real shape.



WHAT GOES IN THE "PICTURE IDEA" COLUMN?

This column asks one question: what small image, icon, or real object could stand in for this moment, so your child recognizes it on sight rather than needing to read a word? A drawn plate can mean "breakfast," a photo of a toothbrush can mean "brush teeth," an actual sock can mean "get dressed." A quick sketch, a printed photo, and a real small object all work equally well — what matters is instant recognition, not artistic polish.



ONE FILLED-IN ROW, AS AN EXAMPLE

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

That's the full expectation for each box — a short phrase, never a full sentence. The blank version on the next page is ready for your own household.

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	PICTURE IDEA
Wake up		
Breakfast		
School / morning activity		
After school		
Dinner		
Wind-down / bed		



SIX ROWS IS THE LIMIT, NOT THE MINIMUM

Resist adding more anchor points than this. Six clear, reliable landmarks work better than twelve crowded ones – beyond that point, the schedule stops being a helpful map and starts becoming one more thing your child has to filter through.

Twelve New Activity Cards — Sensory

Four genuinely new activities, each explained fully before you try it — what it is, the goal, and why it actually helps.



PILLOW FORT PRESS

What it is: Stack couch cushions and pillows into a small den or tunnel, then let your child squeeze into, under, or between them, choosing their own amount of pressure.

Goal: To offer real, deep-pressure input inside a small, enclosed, child-controlled space, rather than pressure applied by someone else.

Why it helps your child: A child choosing their own pressure and their own enclosed space tends to feel safer engaging with it fully, and deep pressure like this is widely reported to have a settling, organizing effect on an overwhelmed body.



DIY RAIN STICK SHAKE

What it is: Fill a cardboard tube with a small handful of dry rice or lentils, seal both ends, and shake or slowly tilt it end to end to hear the sound shift.

Goal: To pair a simple, repetitive hand movement with a soft, continuous sound your child controls entirely themselves.

Why it helps your child: A sound your child can start, stop, and change at will — rather than one that happens to them — gives real, low-stakes practice tolerating and even enjoying auditory input on their own terms.



SCENT GUESSING JARS

What it is: Place a few safe, distinct-smelling items (coffee grounds, an orange peel, a mint leaf, cinnamon) into separate small opaque containers with holes poked in the lids, and take turns smelling and guessing.

Goal: To give focused, one-sense-at-a-time practice noticing and naming a specific sensory experience.

Why it helps your child: Most sensory activities lean on touch or movement — deliberately practising smell in a calm, playful format builds a sense often left out entirely, while the guessing keeps it genuinely fun.



SOUND MAP WALK

What it is: Walk slowly through your home or yard together, pausing every so often to close your eyes and name one sound you can hear — a fridge humming, a bird, distant traffic.

Goal: To practise calm, focused listening as a shared activity, rather than sound being something that simply happens in the background.

Why it helps your child: Deliberately noticing and naming individual sounds, one at a time, can help a child build a more organized relationship with a noisy world, instead of experiencing all sound as one overwhelming wall.

Twelve New Activity Cards — Communication



PHOTO NARRATION TIME

What it is: Look through a small handful of recent photos together — on a phone or printed — and take turns pointing to something in each one and naming or commenting on it.

Goal: To practise joint attention and simple narration around something visually shared and genuinely interesting.

Why it helps your child: Talking about a shared image removes the pressure of inventing a topic from nothing, giving a natural, low-stakes bridge into describing what happened and how it felt.



THE YES/NO INTERVIEW

What it is: Take turns asking each other a quick round of simple yes-or-no questions about preferences — "Do you like rain?" "Do you like bananas?" — answering with a nod, a word, or a point.

Goal: To build a comfortable, low-pressure rhythm of question and response for a child at any stage of communication.

Why it helps your child: A steady back-and-forth rhythm of simple questions is often far more accessible than open-ended conversation, and it still practises the core turn-taking shape that every later conversation is built on.



WALKIE-TALKIE CORNERS

What it is: Using two paper cups joined by string, real toy walkie-talkies, or even just calling between two rooms, take turns sending a short message back and forth from different spots.

Goal: To practise communicating through a different "channel" than face-to-face talk, which some children find easier or simply more motivating.

Why it helps your child: A novel format like this can lower the pressure some children feel during direct face-to-face exchanges, while still practising the exact same turn-taking and message-sending skills.



COMIC STRIP RETELL

What it is: After sharing an activity or outing, draw three simple boxes on paper together and help your child describe what happened in each one, in order.

Goal: To practise putting a real, recently-lived experience into a simple beginning-middle-end sequence.

Why it helps your child: Retelling a real event in order is genuine practice for the kind of sequential storytelling that supports later conversations, recounting a school day, and following a multi-step plan.

Twelve New Activity Cards — Movement



FREEZE DANCE STATUES

What it is: Play music and move freely together, then pause the music without warning — everyone freezes in whatever pose they're in until the music starts again.

Goal: To combine enjoyable full-body movement with practising a sudden stop-and-hold on cue.

Why it helps your child: Practising a genuine, fun stop-on-cue builds the same impulse-control muscle needed for harder real-life stops, like pausing before crossing a road or before reacting to something frustrating.



LAUNDRY BASKET BOWLING

What it is: Set up a few empty plastic bottles or cups as pins at one end of a room, and take turns rolling or pushing a soft ball toward them from a marked spot.

Goal: To practise aiming a rolling object with the whole arm and body, at a distance you can adjust to whatever feels achievable.

Why it helps your child: Aiming and rolling builds hand-eye coordination through a genuinely low-pressure, low-mess game that resets itself instantly for another turn.



SOCK SKATING

What it is: On a smooth, safe floor, let your child wear socks and "skate" across in slow, sliding steps, holding a wall or your hand if needed for balance.

Goal: To give playful practice with balance and weight-shifting through the feet, using nothing but socks and floor space.

Why it helps your child: Sliding on socks safely challenges balance in a genuinely new way for most children, giving the inner ear and the whole body useful practice adjusting to an unfamiliar kind of movement.



BUBBLE WRAP STOMP PATH

What it is: Lay a length of bubble wrap in a line across the floor and invite your child to walk, stomp, or hop along it however they like.

Goal: To combine strong, satisfying foot pressure with an immediate, fun sound as feedback for each step.

Why it helps your child: The instant popping sound gives clear, immediate feedback for a heavy, deliberate step – a simple way to make firm, grounding foot pressure feel like play rather than exercise.

● BEFORE YOU FILL ANYTHING IN

Making Sense of the Full-Year Overview Tracker

This single page holds your entire year at a glance — one row per month, not per week, since 52 weekly rows would be too dense to actually read. Here's exactly what belongs in each column, with real examples.



FOOD COLUMN

A short word or phrase on how food and mealtimes went that month. Examples: *"steady," "1 new food tried," "rough month," "tried sweet potato."*



COMMS COLUMN

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



MOVEMENT COLUMN

How movement and activity time went. Examples: *"daily," "skipped most days," "loved Sock Skating," "3 out of 7 days."*



SENSORY COLUMN

How sensory support went — a quiet space, headphones, a Pillow Fort Press. Examples: *"quiet space used daily," "overwhelmed twice," "headphones helped."*



SLEEP COLUMN

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



ROUTINES COLUMN

How the visual schedule and daily routines held up. Examples: *"held steady," "fell apart mid-month," "schedule updated."*

One word or a short phrase per box is genuinely enough – this page is meant to be scanned across all 12 months, not read like an essay. For a closer, week-by-week view of any single month, use your Parent Workbook's Month Logs instead.

Your full-year overview tracker

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

MONTH	FOOD	COMMS	MOVEMENT	SENSORY	SLEEP	ROUTINES
1 – Reading the Signal						
2 – Regulating Together						
3 – Following Their Lead						
4 – Deepen Communication						
5 – Self-Care Independence						
6 – Personalize the System						
7 – Sibling & Family						
8 – Peer & Friendship						
9 – Community & Advocacy						
10 – Child-Led Routines						
11 – Sustainability Planning						
12 – Annual Review						

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 references in the Start Here document.