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Children really love to know what is going to happen in their day. At school we use a visual timetable to show them the structure of the day.

We always include playtimes and lunch and snack and then include the main activities for the day.

Use the special activity for a surprise at the end of the day.

Here are some of the visuals we use in school. All you need to do is print them out, cut them up and then stick them somewhere the children can see.

A visual timetable can be used vertically or horizontally.

You can ask the children to set their day up. Let them decide when they want to do each activity. You can make your own pictures for activities that are specific to you and your family.