Good Night Visual Timetable

**How to make your Visual Timetable**

* Cut out the pictures you need
* Stick or blutack them on the template to make your own visual timetable for bedtime
* If you need more than four pictures, just add them above or below the template

Visual timetables are really useful to support children to understand the order of what is expected, reduce reliance on following verbal instructions and promote independence. Encourage your child to stick their timetable together themselves, and take ownership of it.





My Good Night Timetable





