



Visual Schedule Starter Pack

A simple, see-it-at-a-glance way to make everyday routines calmer for your child, and for you.

How to use this pack

1. **Pick one routine.** Start with whatever causes the most stress, usually mornings or bedtime.
2. **Choose the steps.** Cut out the picture cards for that routine. Three to five steps is plenty to start.
3. **Build the board.** Place the cards in order on the "My Daily Routine" page. Laminate or use card stock so it lasts.
4. **Attach and use.** Velcro dots or tape let your child move a card, or flip it over, as each step is done.
5. **Point, don't repeat.** Instead of listing every step out loud, point to the board and let it be the guide.

A note from us: We're Dave and Lindsay, the parents who built Behavior Genie. We made this because visual schedules genuinely helped in our own home. We're not BCBAs; this pack is informed by ABA principles and made to be easy for families to use.

Tired of reprinting and re-cutting every time a routine changes? In the **Behavior Genie** app you can build unlimited schedules, edit them in seconds, share them with a babysitter or grandparent, and see how routines are going over time.

Start free at behaviorgenie.com



My Daily Routine

Name: _____ Routine: _____

1	2
3	4
5	6

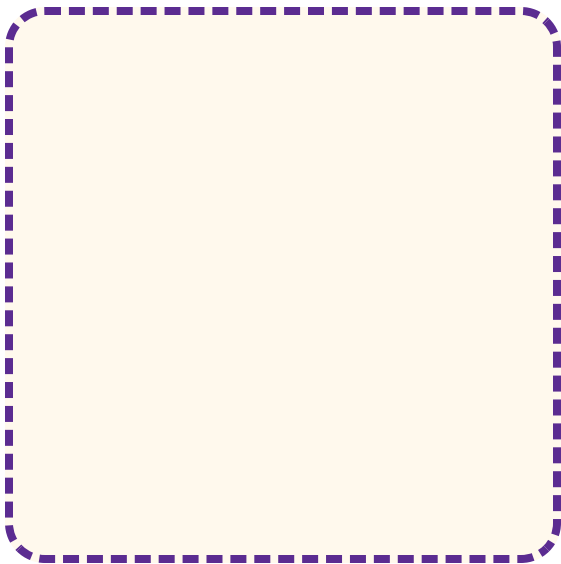
Cut out cards from the routine sheets and place one in each square. Velcro dots make them easy to move as each step is done.



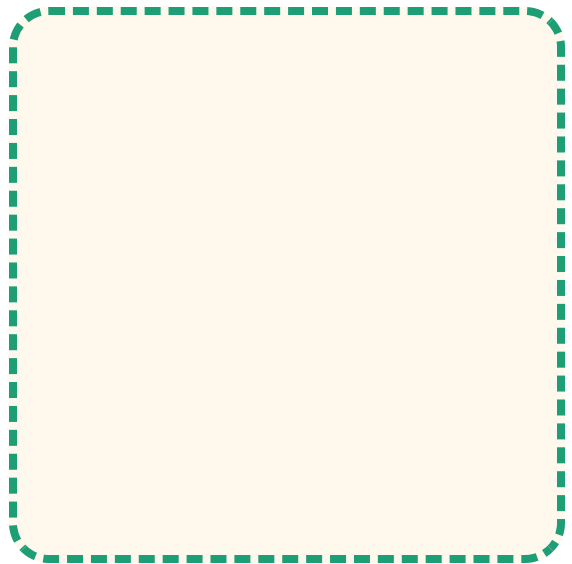
First / Then

Great for one tricky step: first we do this, then we get that.

First



Then



Morning Routine Cards

Cut out the steps your child needs



Wake up



Use the bathroom



Brush teeth



Get dressed



Eat breakfast



Put on shoes



Grab backpack



✂ Cut along the dashed lines. Laminate or use card stock, then attach with velcro dots or tape.

Bedtime Routine Cards

Build a calm, predictable wind-down



Bath



Put on pajamas



Brush teeth



Read a story



Goodnight hug



Lights out



✂ Cut along the dashed lines. Laminate or use card stock, then attach with velcro dots or tape.

After School Cards

From snack to wind-down, one step at a time



Have a snack



Do homework



Play time



Eat dinner



Bath



Bedtime routine



✂ Cut along the dashed lines. Laminate or use card stock, then attach with velcro dots or tape.

Getting Out the Door

For the steps that tend to stall



Put on coat



Check shoes



Grab water bottle



Check backpack



Head out the door



✂ Cut along the dashed lines. Laminate or use card stock, then attach with velcro dots or tape.

Chores Cards

Small jobs, clear steps, real independence



Make

Make bed



Put away

Put away laundry



Pick up

Pick up toys



Clear the

Clear the table



Take out

Take out the trash



Vacuum

Vacuum floor



✂ Cut along the dashed lines. Laminate or use card stock, then attach with velcro dots or tape.