PSED · PSED · BOOK 10 OF 46

Visual Timetable Cards

Feelings, friends and looking after me.



Ages 3-5 | 13 pages | 15 min a page | Print at 100%

Talk | Vocabulary | Reading

This book belongs to:

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Notes for grown-ups

Why this matters

A visual timetable shows children what is going to happen, which lowers worry and helps with transitions. This book helps your child read and talk about simple picture timetables.

How to use this book

1. Do one or two pages a day, not the whole book at once.
2. Talk about the pictures before you start each page.
3. Let your child take their time; there is no rush.
4. Praise trying and noticing, not neatness.

Things to say

- "What is next on our timetable?"
- "Is it morning or evening?"
- "What do we need to get ready?"

What to look for

- Uses a picture timetable to say what comes next
- Names parts of the day
- Moves calmly from one activity to the next

If it is too hard

Use just three pictures in a row and talk through them each morning.

If it is too easy

Let them make tomorrow's timetable and put the pictures in order.

You will need

pencil, crayons, scissors (adult-led), glue (optional)

EYFS link

PSED (Self-Regulation / Managing Self / Building Relationships): talk about their own and others' feelings, follow routines, take turns and look after themselves.

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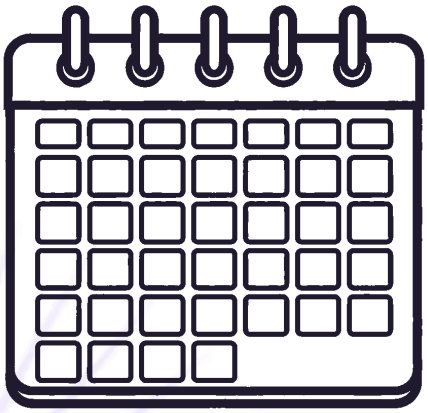
About: Visual Timetable Cards

Adult: Look at the pictures and talk about them together.

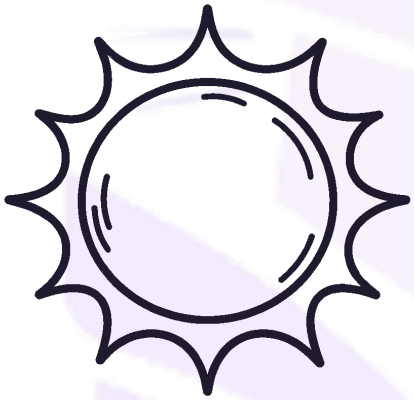
Name _____ Date _____



clock



calendar



sun



moon



house



bus

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Key words to trace

Adult: Read each word together, then trace it.

Name _____ Date _____

clock clock

calendar calendar

sun sun sun

moon moon

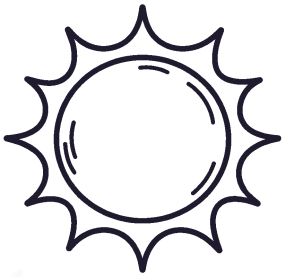
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Match word to picture

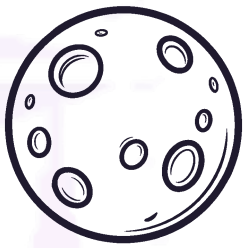
Adult: Draw a line from each word to its picture.

Name _____ Date _____

clock



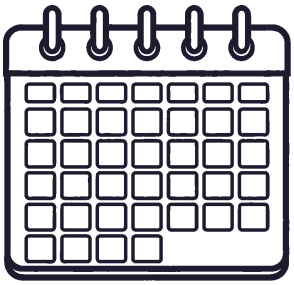
calendar



sun



moon



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Home or out and about?

Adult: Cut and sort the cards. Talk about each one.

Name _____ Date _____

at home	out and about

Make breakfast	Walk to school
Eat lunch at home	Go to the shop
Play in the garden	Catch the bus

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In order

Adult: Draw (or cut and stick) what happens first, next, then and last.

Name _____ Date _____

First

Next

Then

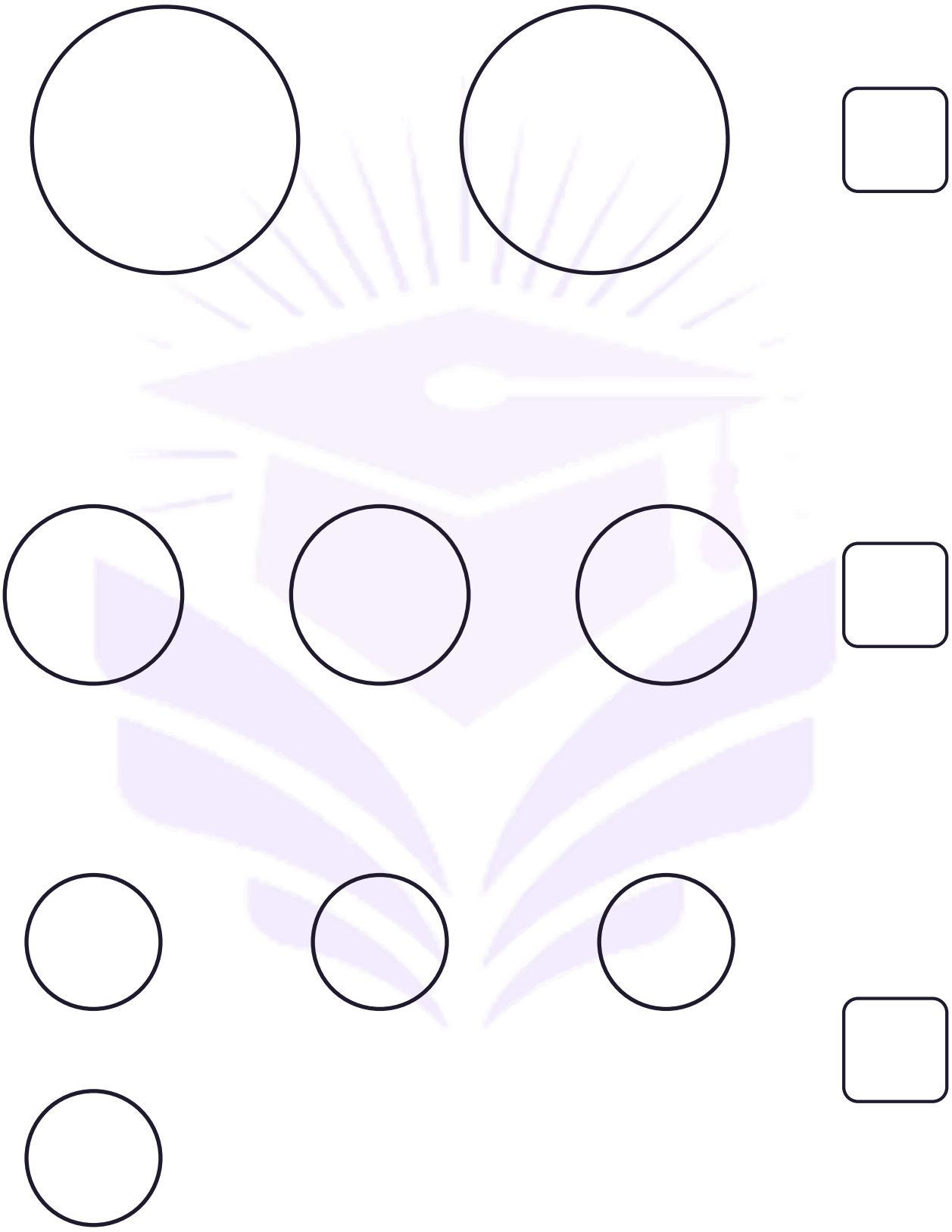
Last

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Count and write

Adult: Count each group and write the number.

Name _____ Date _____



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SPEAKING

Talk and write

Adult: Ask the question. Help your child write or draw their answer.

Name _____ Date _____

Draw your own here

What are you looking forward to?

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Draw it

Adult: Draw your own picture about visual timetable cards.

Name _____ Date _____

Draw your own here

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Calm breathing

Adult: Trace the star slowly: breathe in going up, out going down.

Name _____ Date _____



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ASSESSMENT

I can...

Adult: Tick what your child can do.

Name _____ Date _____

- [ ] I can say what comes next
- [ ] I can look at my timetable
- [ ] I can tell the time of day
- [ ] I can get ready for the next thing

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Well done!

This certificate is awarded to

_____

for finishing

Visual Timetable Cards



Signed _____ Date _____

What's next?

Certificates (star of the week, great listener, kind friend)

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