














### Timetables

- Can help to reduce anxiety by providing structure and predictability.
- May help people who ask repetitive questions – if they have a timetable to look at, they can refer to this rather than asking what they are doing and when they are doing it.
- Different timetables work for different people – some people like to know one or two steps ahead of what will be doing, others may need preparation a few days in advance.
- Don't put times on the timetable unless you can guarantee it will take place at that exact time – it is better to just put activities in the order that they will be doing them or to give time frame.
- Teenagers and adults may prefer a more discreet timetable – in this case they can put reminders on their mobile phone or use a diary or calendar.







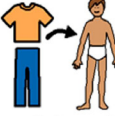








### Example 1: Visual Timetable

#### Megan's Timetable

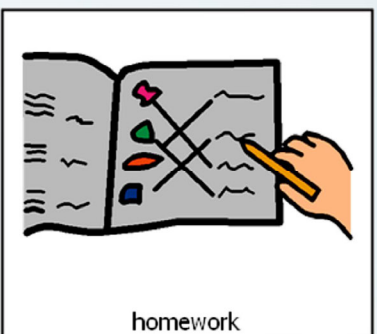
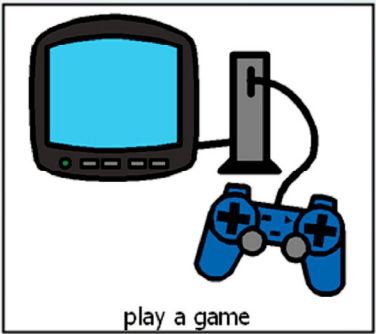
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 school	 school	 school	 school	 school	 no school	 no school
 dentist		 swimming			 youth club	 walk dog
					 McDonald's	 relax

# Example 2: Visual timetable with checklist

## Jack's Timetable

 wake up	 done	 taxi	<input type="checkbox"/>
 go to bathroom	 done	 home	<input type="checkbox"/>
 get dressed	 done	 dinner	<input type="checkbox"/>
 breakfast	<input type="checkbox"/>	 Xbox	<input type="checkbox"/>
 taxi	<input type="checkbox"/>	 bath	<input type="checkbox"/>
 school	<input type="checkbox"/>	 bed time	<input type="checkbox"/>

# Example 3: Now and Next

Now	Next
<p>I need to do this first</p>  <p>homework</p>	<p>When I have completed the task I can do this</p>  <p>play a game</p>