

Resource: Basic Pictogram Kit for Visual Routines

Purpose: To make abstract daily tasks visual, sequential, and predictable for the child. Using pictograms helps the child focus on the process (BNE focus) rather than reacting to a verbal command, significantly reducing resistance and conflict during transitions.

Instructions for Parents: Print these cards and use them to create a simple Visual Routine Board (e.g., using a strip of velcro or magnets on the fridge) that shows the child the order of the next 3-4 steps.

Core Pictograms for Morning & Evening Routines (15 Cards)

Category	Action	Visual Icon (Simplified Drawing Idea)
Hygiene	Brush Teeth	Toothbrush with toothpaste.
	Wash Face	Hands splashing water on a face.
	Wash Hands	Hands under a running faucet.
	Toilet/Potty	A simple toilet.
Dressing	Put on Pants	A pair of pants.
	Put on Shirt	A simple t-shirt.
	Put on Shoes	A pair of shoes.
	Put on Coat	A coat with a zipper.
Eating	Eat Snack/Meal	A plate with a fork.
Tidying/Play	Play Time	A ball and a block.
	Clean Up	Toys being put into a toy box/basket.
Transitions	Time to Go	A small car or a door with an arrow.
	Quiet Time/Read	An open book.
	Go to Sleep	A moon and stars over a bed.
Emotions	Choose a Feeling	A stick figure with a question mark (to use with Emotion Sticks/Box).

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GUIDE FOR PARENTS: USING THE PICTOGRAM BOARD

1. The Power of "First/Then" (Predictability)

Use the pictogram board to establish the "First/Then" sequence, which prevents meltdowns by managing expectations.

- Instead of: "Go get dressed and then you can play." (Verbal demand)
- Use the Board: Point to the Shirt card, then the Pants card, then the Play Time card.
Say: "First shirt, then pants, then play time."

2. Focus on Completion and Effort

Let the child move the card after they complete the step. This gives them a clear sense of control and accomplishment.

- When the child finishes putting on their shirt, let them physically move the Shirt card to a "DONE" column or a designated pocket.
- Praise the action, not the speed: "Look how you moved the shirt card! You completed the step! That shows responsibility."

3. The "Reset" Tool (BNE Focus)

If the child gets stuck or has a moment of frustration during the routine:

- Go to the board and gently point to the next card in the sequence.
- Say: "The Lizard Brain wants to stop, but the Captain needs to look at the next step." This redirects their focus from the block (the frustration) back to the actionable process.



Wash Face



Wash Hands



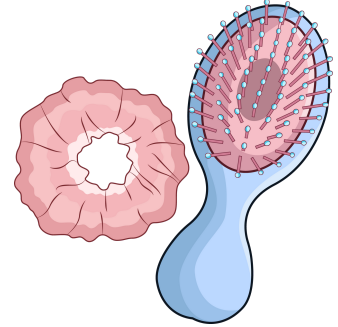
Brush teeth



Toilet/Potty



Put on Pants



Brush your hair



Put on Shirt



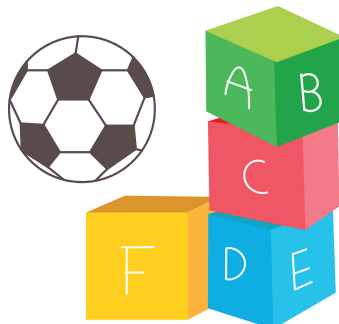
Put on Shoes



Put on Coat



Eat Snack/Meal



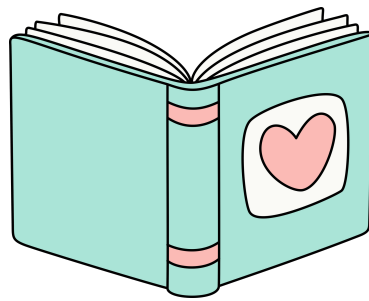
Play Time



Clean Up



Time to Go



Quiet Time/Read



Go to Sleep



Wake up



Take a bath



Choose a Feeling



Eat breakfast



Make & pack lunch



Go to school



Say goodbye



Get dressed



Make bed