



{inclusion outreach}

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Reasons to Use a Visual or Tactile Schedule

Research indicates that visual schedules and supports are one of the most effective interventions for students who need support with communication.

1. Schedules are visual and tangible, and remain present.
2. Preparing and amending a schedule gives the student some autonomy and control of daily events.
3. Schedules create predictability. They ease transitions, and promote flexible behaviour, because they provide a means for students to anticipate coming events.
4. When symbols are removed from the schedule to indicate task completion, students are able to see progress, building a sense of success and self-esteem.
5. Schedules promote independence by removing the need to ask others (particularly adults) about what has to be done.
6. Students can schedule breaks and relaxing activities as they attend to their own needs and body signals. In this way, schedules become a way for students to learn to be proactive in managing their own behaviour.
7. Schedules build understanding of the vocabulary of time and order (e.g. *before, after, then, yesterday, first, second*).