



Cheekwood Visual Schedule

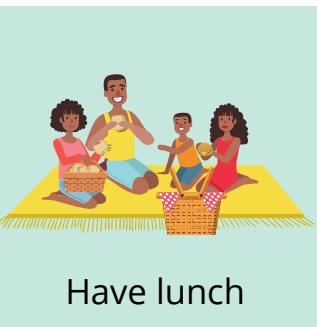


VANDERBILT KENNEDY CENTER
TREATMENT & RESEARCH INSTITUTE FOR AUTISM SPECTRUM DISORDERS



Cheekwood
ESTATE & GARDENS

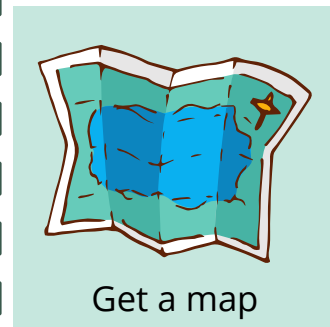
A visual schedule communicates the order or a series of activities or steps required to complete a specific activity. Visual schedules help to decrease anxiety by showing a predictable sequence of events and making expectations clear for experiences. Please use the following pieces to create a visual schedule for your Cheekwood visit!



Have lunch



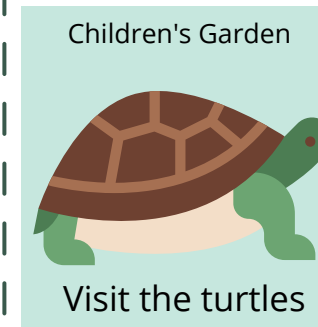
Have a snack



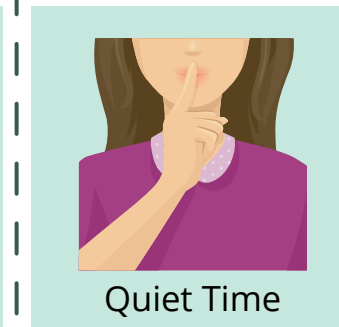
Get a map



Visit the TRAINS!



Visit the turtles



Quiet Time



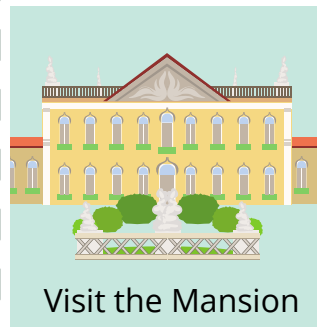
Walk on the Sculpture Trail



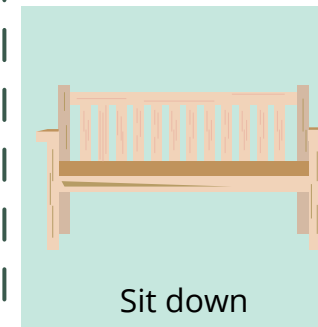
Bathroom Break



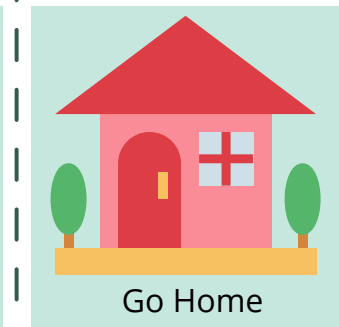
Walk in the Gardens



Visit the Mansion



Sit down



Go Home



Tips for using a Visual Schedule

- Only the child should manipulate the schedule cards. Adults should use hand-over-hand prompting so that only the child touches the card.
- Reward the child for following his/her schedule appropriately. Rewards can be delivered while following the schedule (back rubs, small snack, etc.) and when arriving at the correct location (verbal praise, tickles, preferred toy/snack, etc.)
- Intersperse preferred activities with less preferred activities. Following a schedule should not be a punishing activity for the child.