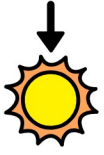
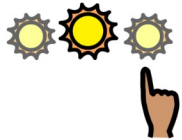


<p>get dressed</p> 	<p>read a book</p> 	<p>watch DVD / movie</p> 	<p>breakfast</p> 	<p>stay home</p> 	<p>water play</p> 
<p>brush teeth</p> 	<p>screen time</p> 	<p>take a bath</p> 	<p>lunch</p> 	<p>face mask</p> 	<p>dress up</p> 
<p>bedtime</p> 	<p>play outside</p> 	<p>toys</p> 	<p>dinner</p> 	<p>video chat</p> 	<p>alone time</p> 
<p>quiet time</p> 	<p>make something</p> 	<p>game</p> 	<p>snack</p> 	<p>something else (get my AAC)</p> 	



Today



Another day



Can't do it
(we have to stay home)

Covid Lockdown Visual Schedule

Print, laminate and cut these symbols to help you provide some structure for the day for your family. Stick them on a window, the fridge, or another laminated piece of paper with blu tac or velcro. Use the "today" and "another day" pages for this if that helps.

Talk to your person about those things they (or you) want to do but can't because we need to stay home. Write or draw these things on the third page.

Most of all, be kind to yourselves and stay safe.
From the Two Way Streeters