ADVANCED BEHAVIORAL PATHWAYS
Helping people achieve success through behavior change

BEHAVIOR @ HOME

Activity Schedules and Visual Supports

Parents are having to be all things for their children and this webinar will show parents how to create activity schedules and simple visual supports to help the whole family at home. Activity schedules and visual supports are simple tools that can make a big difference throughout the day. This webinar will review the benefits of activity schedules and visual supports and how to make them at home.

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Hosted by Family Focus Resource Center
https://www.csun.edu/family-focus-resource-center

Simple tools that make a big difference	
Importance of Schedules	**Consistency Between Home and School**
✓ Activities keep kids engaged and prevent challenging behavior ✓ Many kids do not have skills to engage in activities themselves (fill their time) ✓ Schedules help kids know what to expect	✓ Matching a school routine might help ✓ It will help kids to have some things that they are used to ✓ Make changes that meet the needs of your family
Schedules for Your Family	**Get the Family Involved**
✓ Are you working from home while your kids are learning from home? ✓ Are you working outside the home while others are caring for your children? ✓ Does a weekly or daily schedule work best for your family? ✓ Do you need both a weekly and daily schedule?	✓ Working together to create a schedule will help the whole family ✓ Have a family meeting ✓ Allow everyone to share their schedule and activities they would like to do ✓ Make it fun! ✓ Give everyone the chance to give input ✓ Be flexible
Review the Schedule	**Notes:**
✓ Make the schedule the day or night before ✓ Review the schedule in the morning ✓ Reviewing helps everyone know what to expect	

Making a Schedule

- ✓ Simple
- ✓ Written
- ✓ Drawn pictures
- ✓ Cut pictures out
- ✓ Use the computer
- ✓ Adding times is optional

- ✓ Balance school, fun, outside, and free time
- ✓ Short periods of schoolwork and breaks
- ✓ Brain breaks – walk, dance, get wiggles out
- ✓ Activities kids can do together

Making a Schedule Work for Your Family

- ✓ Review during the day
- ✓ Make changes as needed
- ✓ Explain changes if they are needed
- ✓ You can have a schedule for the whole day or part of the day
- ✓ Add times for some or all activities

Notes:

Daily Schedule

Time	Kids' Activity	Mom's Activity
8:00–8:30	Wake up	Prep breakfast
8:30–8:45	Breakfast	Breakfast
8:45–9:00	Brush teeth and get dressed	Clean up breakfast and prep schoolwork
9:00–9:30	Morning chores	Prep work for the day
9:30–11:00	School time	Set up school, begin work, check on school, prep lunch
11:00–11:30	Reading with mom	Reading with mom
11:30–12:00	Lunch	Lunch, clean up, and prep for working outside
12:30–1:30	Outside play time	Work while kids play, work calls, prep schoolwork for afternoon
1:30–2:30	School time	Set up school and work
2:30–3:30	Free time – pick an activity from the list!	Afternoon work time

A chosen reward goes here

I'm working for

Earned tokens are placed into these spaces
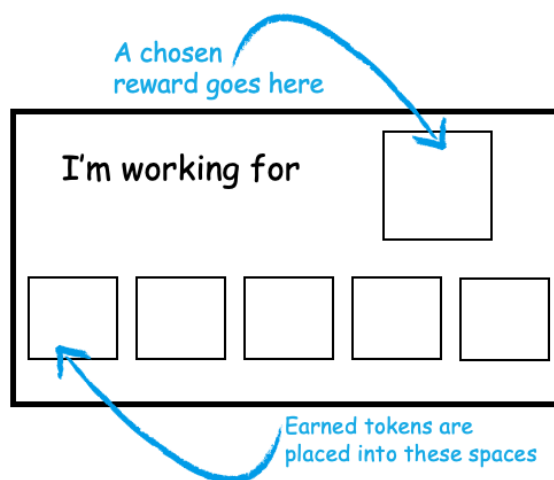
Token Systems

- ✓ What are they?
- ✓ How they work
- ✓ Making them
- ✓ Using them

- ✓ Token systems help kids stay motivated
- ✓ Give a token after a short period of time
- ✓ Give a token after completing some part of a task

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Visual Supports	
✓ Signs ✓ Activity Menus ✓ Reminders ✓ Written posted rules	STOP Please do not disturb I am working now I will be done soon

	Activity Menu
Jack's Free Time Choices Read a book Play LEGOs Beyblades Relax on couch Play in Room Play with Dogs Go Outside Play with animals	✓ List of activities to choose from ✓ Free time list ✓ List activities child can do on their own ✓ Activities kids can do together
	Notes:

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Simple Behavior Strategies

This webinar will share simple behavior strategies that can be used at home to prevent challenging behavior and help maintain calm at home. Strategies include those that are used in school settings that can also be used at home during school closures. Presenters will review how to use the strategies and the benefits of each.

May 13th at 3:00pm
Registration and more information at:
https://www.csun.edu/family-focus-resource-center/webinars

Use this link to access all the resources shared during the presentation along with templates to create your own schedules and visual supports.
https://tinyurl.com/FFRCBehavior