

Common Visual Support Examples

1. Visual Schedules

Show the steps of a routine in order.

Examples:

- Morning routine (wake up → toilet → get dressed → breakfast)
- Bedtime routine
- School day schedule
- After-school routine

These reduce anxiety and help children understand what's happening next.

2. First–Then Boards

A simple two-step visual:

First: something the child needs to do

Then: something motivating or preferred

Example:

First brush teeth → Then play with tablet.

3. Step-by-Step Sequences

Break down a task into small, visual steps.

Examples:

- How to wash hands
- How to put on socks
- How to use the toilet
- How to make a snack

These support independence and motor planning.

--4. Choice Boards

A set of pictures the child can choose from.

Examples:

- "What snack do you want?"
- "Which calming activity do you need?"
- "Which toy do you want to play with?"

Great for reducing frustration and supporting communication.

5. Emotion or Regulation Charts

Visuals that help children identify and communicate how they feel.

Examples:

- Zones of Regulation colours
- Emoji-style faces
- "I feel... I need..." boards

These support emotional literacy and self-regulation.

6. Calm-Down Menus

A visual list of strategies the child can use.

Examples:

- Deep breaths
- Weighted blanket
- Quiet space
- Movement break

Helps children learn coping strategies.

7. Social Stories or Visual Guides

Short, visual explanations of what will happen in a situation.

Examples:

- Going to the dentist

- Getting a haircut
- Visiting the supermarket
- Starting a new school

These prepare children for unfamiliar or stressful events.

8. Environment Labels

Pictures or symbols placed around the home or classroom.

Examples:

- Labels on drawers
- Labels on toy boxes
- Labels on cupboards

Supports organisation and independence.

9. Sensory Strategy Cards

Visual reminders of sensory tools or activities.

Examples:

- "Push the wall"
- "Jumping on trampoline"
- "Chewy tube"
- "Quiet headphones"

Useful for children who need movement or calming input. If you want, I can also create:

- A list of recommended visuals for the OT website
- A parent-friendly explanation of each type
- A suggested webpage layout
- Examples tailored to Barking & Dagenham's Children's OT service

