

# 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



