

Creating Routines to Manage Stress Step-by-Step Guide

1. Determine Needs

Adult Time		Child Time	
<u>Have Tos</u>	<u>Want Tos</u>	<u>Have Tos</u>	<u>Want Tos</u>

2. Create Routine

Time	Adult Activity	Child 1 Activity	Child 2 Activity

3. Share Routine (Select One or More)

Objects Used in Activity

Typed Words or Phrases

Icons Representing the Activity

Hand-Written Words or Phrases

Pictures of the Activity

4. Be Flexible!

Resources

https://ed-psych.utah.edu/school-psych/_documents/grants/autism-training-grant/Visual-Schedules-Practical-Guide-for-Families.pdf

<https://www.autismspeaks.org/sites/default/files/2018-08/Visual%20Supports%20Tool%20Kit.pdf>

<https://afirm.fpg.unc.edu/build-new-routines>