

# Visual calendars

Having a visual calendar can be really helpful for children with ADHD. The pictures allow them to easily see what you would like to be done, and what's expected of them. Why not display the calendar somewhere your child can easily see it, such as the fridge?

Here is an example which you can photocopy, or you can create your own version that suits you and your child.

Remember, give children time to adjust to these changes if they don't respond positively the first time!

**Before school routine**

Monday

Tuesday









Wednesday

Thursday








Friday

Saturday

Sunday

Time to get up! 							
Get up and get dressed 							
Shower 							
Have breakfast 							
Brush teeth 							
Check school bag - homework/ sports kit? 							
Go to school 							
Remember to bring homework home! 							

**After school routine**

Do some homework 							
Chill time 							
Tea 							
Bit more homework? 							
Prepare school bag for next day - sports kit, homework to hand in 							
Brain break 							
Prepare for bed 							
In bed off screens! 