Why Visual Routines and Procedures?

**Visuals provide safety.**

- Children’s brains use images to govern behavior. They “think” in pictures.
- Communicates our expectations to children through images, so they are more likely to be successful.
- Helps children know what to do, when to do it and how to do it.
- Helps the adult practice the Power of Attention and the Skill of Assertiveness to foster a felt sense of safety through predictability and consistency.
- Helps children feel safe.

**What Visual Routines and Procedures Do I Need?**

List stressful times of the day that need structure:
(For example: arrival, transitions, meal time, diapering/toilet training, nap time, dismissal)

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**M.A.P. It Out: Model, Add visuals, Practice**

How many steps? (No more than 6 steps.)
- Plan some visual routines/procedures below. At the bottom of each box, write the instructions for each step, and then draw a picture to represent the step. (You can also use index cards to plan the steps.)
- At a later time, take pictures of the children completing the steps to complete the visual routine.
- Use the visual to model and practice the routines. **And... Celebrate the Success!**

Routine/Procedure:

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Routine/Procedure:
**Friends & Family**
Builds connection between home and school.

1. How will you display friends and family pictures?  
   (For example: picture cubes, picture frames, posters, wall displays, books)

2. In what areas of the classroom will you display the pictures?

3. How and when will you utilize it in your classroom to foster connection and highlight unity between home and school?

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**Ways to be Helpful**
Display images of what helpful looks like.

1. How will you display the pictures of ways to be helpful?  
   (For example: posters, wall displays, books, picture frames)

2. In what areas of the classroom will you display the pictures?

3. How and when will you utilize it in your classroom to foster connection and honor when children are being helpful to others?

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**Choice Boards**
Use visuals to offer two positive choices.

1. What visuals will you use to offer two positive choices?  
   (For example: breathing icons, I Love You Rituals™, daily routine tasks)

2. In what areas of the classroom, and during what times of the day will you encourage helpful choices and utilize choice boards?