



# Picture This! Visuals that Boost Safety and Connection for Infants & Toddlers

For Ages 0-3

Presented by: Angela Fraley, Conscious Discipline Master Instructor & Sara Aspenson, Teacher at The Playing Field

## 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.



Power: **Attention**



Skill: **Assertiveness**

## 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)

---

---

---

---

## 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:**

--	--	--	--	--	--

**Routine/Procedure:**

--	--	--	--	--	--



# Picture This! Visuals that Boost Safety and Connection for Infants & Toddlers

Visuals foster **connection** by highlighting the unity between home and school, honoring how children are helpful to others, and encouraging helpful choices.

## 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?

---



---



## 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?

---



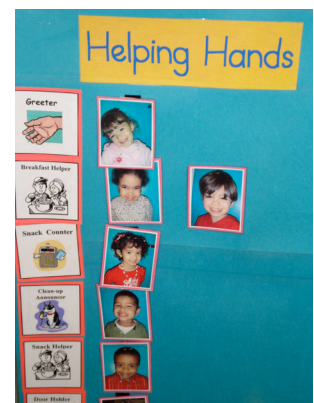
---

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

---



---



## 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?

---



---

