

Pyramid Model

Strategy of the Month

PICTURE SCHEDULES

What is a picture schedule?

A picture schedule is a series of pictures (or objects for very young children) that represent the activities that take place throughout the day, the pictures are arranged in the order the activities happen. In a preschool classroom a picture schedule is like an adult's daily planner. It helps children know what to expect in their daily routine, signals transition times, and gives them control over what is happening throughout the day.

How does your child use this strategy?

Children and teachers review the picture schedule each morning to establish the plan for the day. Throughout the day the children and teachers "check" the schedule by removing the picture of each completed activity.

Activities are also referred to in the sequence "FIRST and THEN" or "NOW and NEXT" to help children understand what is currently happening and what will follow. Pictures of the activities may be posted on boards that note the plan for activities.

How does it help support their social-emotional development?

It helps children know what to expect in their daily routine, this helps them feel secure, comfortable, and ready to learn. Pictures schedules also help signal transition times, and give a child control over what is happening throughout the day. This strategy helps reduce behavior problems such as tantrums and aggression while nurturing the child's learning.

How can you try this at home?

Picture schedules are easy to make and can be very effective when used at home. Drawing simple pictures or using photographs of a child's daily routines (such as getting ready for bed, starting the day, or going on a special outing), arranging them in the order they will happen, and referring to the schedule with your child can help make your child's cooperation and participation more positive.

Ask your child's teacher more about picture schedules and how you can use this strategy with your own child!

For more information visit www.csefel.vanderbilt.edu