



# HOW TO USE THE SUMMER SCHEDULE



This visual helps create a simple structure for the day during times when routines are changing. Instead of organizing the entire day, it focuses on a few anchor parts that help create predictability and support regulation. This is especially helpful when transitioning from the structure of school to the flexibility of summer.

## How to Set It Up

- Choose the three parts of the day:
  - Morning
  - Afternoon
  - Evening
- Add 2–4 simple activities in each section
- Use pictures or icons when possible
- Keep activities familiar and easy to repeat

This should feel simple enough to follow even on harder days.

## You May Include:

Choose activities that naturally happen in your day.

Morning might include:

- Getting ready
- Breakfast
- Getting dressed
- A simple activity

Afternoon might include:

- Lunch or snack
- Outside time
- Play or activity
- Rest or quiet time

Evening might include:

- Dinner
- Family time
- Calm activity
- Bedtime routine

## How This is Different

This visual is not meant to:

- Plan every part of the day
- Fill all available time
- Track task completion

This visual is meant to:

- Create predictable anchor points
- Support smoother transitions
- Reduce overwhelm and decision-making

## How to Use:

- Refer to the visual throughout the day
- Use simple language:
  - “We are in morning time”
  - “Next is afternoon”
- Allow flexibility within each section
- Focus on consistency, not perfection

**Important Reminder:** This does not have to be perfect, and it can change as your needs change. The goal is simply to create a day that feels predictable, manageable, and supportive.





# MY SUMMER DAY

These parts help my day feel steady

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## Morning

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## Afternoon

<div style="border: 1px solid #ccc; border-radius: 20px; height: 150px; width: 100%;"></div>	<div style="border: 1px solid #ccc; border-radius: 20px; height: 150px; width: 100%;"></div>	<div style="border: 1px solid #ccc; border-radius: 20px; height: 150px; width: 100%;"></div>	<div style="border: 1px solid #ccc; border-radius: 20px; height: 150px; width: 100%;"></div>
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## Evening

<div style="border: 1px solid #ccc; border-radius: 20px; height: 150px; width: 100%;"></div>	<div style="border: 1px solid #ccc; border-radius: 20px; height: 150px; width: 100%;"></div>	<div style="border: 1px solid #ccc; border-radius: 20px; height: 150px; width: 100%;"></div>	<div style="border: 1px solid #ccc; border-radius: 20px; height: 150px; width: 100%;"></div>
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**Predictability helps our day feel steady.**

