

## Morning Schedule

### Wake Up! and Good Morning

(30 min-1 hour)

- ÿ Toilet
- ÿ Eat breakfast, take medications
- ÿ Dress
- ÿ Brush teeth, wash face, brush hair
- ÿ Go over visual schedule.

### Move! Active Movement and Gross Motor Play Skills (45 min)

- ÿ Outdoor or indoor active play activities (1 unstructured and 1 structured) 20-45 min.
- ÿ 10 min. Break. Bathroom and Water.

*active play, unstructured:* bike, playground, walk, swings, trampoline, big ball, tunnel, scooter board, moon shoes, stretchy swings, skates, scooter, exploring/hike, roll down grass hills, splash in rain puddles, fall in leaf piles, snow play

*active play, structured:* resistance bands, pillow mountain, row boat, kick ball, bean bag/ball catch and toss, monkey bars, climb ladder, obstacle course, targets, row boat, snow balls/snow man/snow angels, Hide and Seek, Duck, duck Goose, Tag/Freeze Tag, Simon Says, Red Light, Green Light, Red Rover, Follow the Leader, Musical Chairs, Music Freeze, Animal charades, Twister, Egg hunt

### Fine Motor and Pretend Play Skills

(45 min.)

- ÿ (1) Fine Motor activity (10 min.)
- ÿ (1) Pretend play activity: (10-20 min.)
- ÿ (1) Free choice play (10-20 min.)
- ÿ (1) Movement break activity (trampoline, big ball, dance, etc.)
- ÿ 10 min. Break. Bathroom, water.

*fine-motor:* magna doodle, Mr. potato head, felt board, magnets, rice and beans w/tongs, scissors (cut marshmallows, gummi worms, paper plates, straws) ink stamps, puzzles, velcro fruit, stringing beads, block play, tinker toys

*Pretend play sets:* Vehicle play: Cars/Garage, Train Set, Airport, Construction/Dump Truck, Castle, Dinosaurs, Farm, Police/Fire and Rescue, Doll house, Play sets (TV, book, or movie-based characters)

*Free choice:* flags, jack in the box, sound blocks, see n say, Tickle Toes, View Master, flashlights, fiber optics, photo albums, cd player

### Mid-Day Schedule

#### Oral Motor Work and Morning Snack (15-20 min.)

- ÿ (1) Oral-motor warm-up activity
- ÿ Wash hands, help prepare morning snack
- ÿ Eat snack, if desired.

*oral-motor activities:* gum, chewies, blow bubbles, whistles, facial massage, vibration, blo-pens, blow games

#### Mini-Circle (10-20 min.) and Music and Movement Break (5 min.)

- ÿ Calendar
- ÿ Weather
- ÿ Pledge
- ÿ Review schedule
- ÿ (1) Movement break w/music (5 min.)

*Movement break:* Bingo, Farmer in the Dell, Hokey Pokey, If You're Happy and You Know It, London Bridge is Falling Down, This Old Man, The Ants Go Marching, She'll Be Coming 'Round the Mountain

#### Reinforcing and Building Age-Level Play Skills (45 min.)

Activity 1 (15-30 min.): (1-2) Imaginative play with toys, themes or centers

Activity 2 (5-15 min.): (1) Board game. As tolerated (start w/2-3 min.)

*Theme or center-based play:* (support w/books and visual helpers) Baby dolls, Doctor's kit, Play food/kitchen, Tool bench, Camping Set/Tent, Cashier/Shopper, Dress Up, Camping, Fishing, Pirates, Dinosaurs, Beach party, Space, astronaut, Knights, Kings, Queens, Airport, Farm, Circus, Daddy, Mechanic, Grocery store, Mailman, Baker, Ice cream man, Doctor, Veterinary, Picnic, Police, Fireman, Restaurant, McDonald's, Jungle, Ocean, Photographer/Animal Safari/Animal Play

*Board games:* Tic Tac Tony, Hungry, Hungry Hippos, Barnyard Bingo, Sammy the Seal, Silly Six Pins, Tumblin Gumballs, Lucky Ducks, Puppy Racers, Old MacDonald

#### Lunch (15 min.- 30 min.)

- ÿ Help make lunch together
- ÿ Eat lunch, take vitamin

### Afternoon Schedule

#### **Bath and story time**

- ÿ Bath (15 min.)
- ÿ Stories (20 min) he "reads" or I read

#### **Rest Time (15 min)**

- ÿ Cuddle! Back rub, etc.
- ÿ Lie down quietly in bedroom, nap or look at books
- ÿ Mom take break

#### **Open choice (1 hour)**

##### **ÿ Sensory activity (10-20 min.)**

*Sensory activities:* Science experiment, Play-doh, theraputty, mars mud, shaving cream, finger paint, finger paint w/pudding, markers on mirror, rice and beans, shell play, Slime, ooze, gak, water play (pretend and accessorize: car wash, wash dishes, fishing, fire fighting, water balloon fights, water tag, sponge toss), sand/dirt play (pretend and accessorize: make a garden, construction site, a castle, go to the beach, dig a bone like a dog, find "fossils," picnic w/sand food, roads for small cars, etc., cooking or mixing, snack preparation, carpentry and repairs, pet and groom neighbor's dog or cat, glue/art project. See "Set Sail for Summer" for more ideas.

#### **3 p.m.-3:10 p.m.**

##### **Afternoon snack (10 min.)**

- ÿ Eat snack
- ÿ Bathroom break

#### **Community Visit (1-2 hours)**

##### **and/or Down Time with Heavy Work (1-2 hours)**

- ÿ Computer (20 min. max)
- ÿ Free choice active play (w/heavy work) at home/outside
- ÿ Bathroom and water break

*Community visit:* pool, library, playground, grocery store, Target, Sears, play date, shopping mall, nature center, pet store, animal shelter, ice rink, pumpkin farm, etc.

*Heavy work:* body play (squishing, outline body in chalk, airplane, rocket ship, row-boat, piggy back ride, rolling, wheelbarrow walk, etc.), stretchy swing, climbing, clay press, monkey bars, resistance bands, hiking, pulling wagon,

"Autism Everyday" ©Mary Fletcher Jones

walking dog on leash, skating, crawling, lycra, weighted backpack

### Evening Schedule

#### **Dinner (30-45 min.)**

- Ÿ help make dinner
- Ÿ Eat dinner, take medication

#### **Evening Play**

- Ÿ RDI lab (10-20 min.)
- Ÿ Play or evening walk or stroller ride (w/therapeutic listening if possible)  
20-30 min.
- Ÿ Clean up toys (5 min.)

#### **Wind-Down and Good Night (1 hour)**

- Ÿ Brush teeth
- Ÿ Toilet
- Ÿ Pajamas
- Ÿ Water (snack, if needed)
- Ÿ Evening calmers
- Ÿ Bed

*Evening calmers:* quiet music, share photos and talk about day, story, bean bag chair, squishes, brushing and joint compressions, lotion, back rub, massage, vibration, rocking chair, make tent in bed, weighted pads, lycra swing/hammock, blowing games, steam roller, fiber optic lamp, night light)