



Visual Planners and To Do Lists

Unless you have an exceptional memory, you will probably rely on something, or someone to remind you of the jobs you have to do every day.

When you move up to High school you will have a lot of different subjects to study. In primary school most of the equipment you need during your day is probably provided for you, in High school you will have to take more equipment with you each day. A 'to do' list or visual planner might help with this as you may have a lot of extra equipment to pack each day.

Most people rely on lists, notes, or diaries to remind them of what needs to be done and when it has to be completed. You will have to use your diary/ planner in school to record which homework you have and when it has to be handed in.

As we discussed at the beginning of the book, everyone has different ways of working and no single way suits everyone. We have put together various ideas of the different visual planners and lists which you may find helpful.

Some people prefer a written 'To do' list, others may prefer to put up photographs or pictures. Again, if you feel that you would like to try one of these ideas, and you are able to do this at home.....great, but if not ask your therapist for help.

Have a look and see what you think!

Visual Planners Using Photographs



As you can see, this planner uses photographs of the equipment that Jack needs to take to school with him. It also reminds him to check his planner. The pictures are laminated, and then stuck onto the planner using a small piece of Velcro. When Jack has completed a task, he then peels off the picture, revealing a tick to confirm that he's done the job, before he moves onto the next task.





Packing Your School Bag

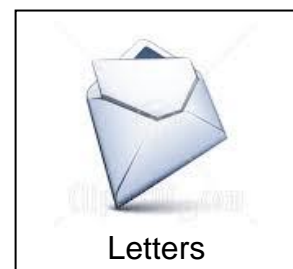
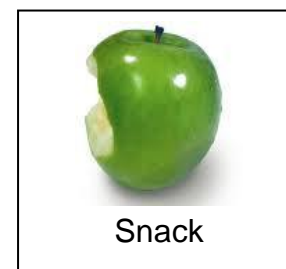
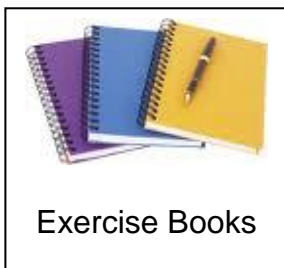
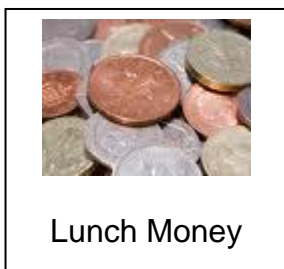
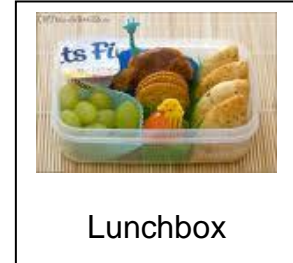
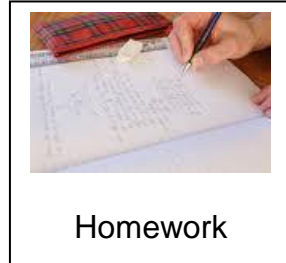
Key Fob Reminder



Handy tip - If you find it difficult to remember to pack all of your equipment at the end of each lesson or just need a reminder of what to pack into your bag generally, you could try using a key ring like the one above. The pictures are laminated then placed on a key ring, which can then be attached to your school bag. You don't have to use photographs; you can use printed words if you prefer.



Pictures for Key Ring Reminder



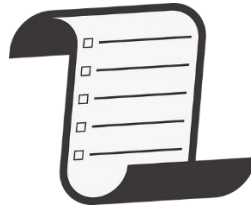
Packing Your School Bag

Large Visual Planner



This planner has a plastic pocket attached to its base so that when you have packed an item into your bag you can remove the relevant picture and place it in the pocket. It helps to keep everything in one place and organised!

The following pages contain planners and 'to do' lists which you may find useful. If you want to try using them you can laminate them, then using a wipeable marker you can tick off items as you pack them, or complete tasks.



THINGS TO DO

THIS WEEK

No.	Things to do	Target Date	Tick when done

Remember, WRITE IT!

TO HELP YOU REMEMBER IT!