THE ISLAND AUTISM COACH · FREE RESOURCE

Visual Routine Starter Cards

Cut out, laminate if you can, and line up the steps your child needs.

draw or add photo

Wake up

draw or add photo

Toilet

draw or add photo

Wash face

draw or add photo

Get dressed

draw or add photo

Breakfast

draw or add photo

Brush teeth

draw or add photo

Shoes on

draw or add photo

Bag ready

draw or add photo

Bath time

draw or add photo

Pyjamas

draw or add photo

Story time

draw or add photo

Sleep

Tip: draw or stick a photo of your child doing each step in the circle - real photos often work best.

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General guidance only — not medical or therapeutic advice.

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How to Use Your Routine Cards

Small, predictable steps make busy parts of the day feel calmer.

1. **Start small**
   Choose just 3–4 cards for one part of the day, like getting ready in the morning.

2. **Show, then do**
   Point to the card, say the step in a few words, then do it together.

3. **Finish with "all done"**
   Turn over or move each card when finished. Seeing progress builds confidence.

4. **Keep it consistent**
   Use the same order each day. Add new cards slowly once the routine feels familiar.

5. **Make it theirs**
   Add photos, favourite colours or a reward card at the end — whatever motivates your child.

Morning cards are seafoam, evening cards are sand — so it's easy to keep each routine together.

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