The Activity Schedule Tool Kit

Activity Schedule Ideas
A How-To Guide
www.joeschedule.com

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Forward

I am the proud parent of three beautiful children, the oldest of which has a pervasive developmental disorder. I, like many parents, have experienced the dark side of having such a disorder for the individual and the entire family. My husband and I, out of desperation, attended the Parent Series on Behavioral Intervention and Educational Rights and Home-Based Consultation Services offered by COSAC. It was at this time we were first introduced to activity schedules and the power of visual aids.

The first time our son successfully used an activity schedule and got dressed with out having a tantrum, I literally cried. I knew at that moment I would repay COSAC for the invaluable information they shared with our family. We continued using activity schedules and ultimately developed a website to make it easier to create and update our ever growing schedules and visual aids.

I believe parents can empower themselves and can make positive changes in their homes and in the lives of their children. I believe parents, armed with information and the right tools can be successful.

I, like many parents, have experienced the joys and triumphs of having a pervasive developmental disorder for the individual and the entire family. Be strong, be informed and don't give up. Seek professional help if you need it.

Out of our gratitude to COSAC and the desire to help other parents we gladly give 5% of the profit made on joeschedule.com and any related ebooks to COSAC to be used for the Parent Series on Behavioral Intervention and Educational Rights and Home-Based Consultation Services.

Sincerely,
Kristine Mastronardi

Chapter 1 - Basic Concepts

What is an activity schedule?

What is an activity schedule?

An activity schedule is a step by step visual guide to completing tasks independently.

It is a list of activities that need to be completed in sequence.

The visual picture cues the person to perform each task in the sequence of activities.

Each step is checked off as it is completed.

Why use activity schedules?

Activity schedules are used for individuals with disabilities to:

1.Increase independence (Chapter Two - Routines).

2.Make transitions easier by setting clear and consistent expectations (Chapter Three - Tackling Problem Behavior).

3.Teach new skills (Chapter Four - Skills To Teach).

Get dressed	
	Put on pants
	Put on shirt
	put on socks

Morning Routine	
	Wake up
	Brush Teeth
	Wash your face

What is a choice board?

What is a choice board?

A similar visual aid is called a **choice board.** A choice board contains a set of activities that are similiar in nature that the user can choose from.

Choice boards are visual reminders of what choices are available.

Like activity schedules, choice boards help structure time and help a learner engage his time appropriately.

Problem: Tyler is sitting on the couch, doing nothing.

Solution: Have Tyler select an activity from the **Play Inside** choice board

The pictures on the visual choice board "remind" Tyler of what activities are available.

Play Inside	
	art
	piano
	play guitar
	legos
	cars

Play Outside	
	cycling
	hockey
	basketball
	play t-ball
	hoover disk

Embedded Choice Boards

Choice boards can be used alone or embedded in an activity schedule.

When choice boards are embedded in an activity schedule, they add variety and the ability to choose to the activity schedule.

Embed the choice board **After school snacks** into the activity schedule **After school routine**

The learner can choose the snack he wants.

If the learner is using the schedule interactively on the computer using **www.joeschedule.com** the choice board will appear as a selection box.

The learner presses the down arrow and can scroll through the choices before making his selection.

After school snacks
Carrots
Sliced Fruit
Yogurt
Apple
pretzels

After school routine
Put away your backpack.
Do your homework.

Universal No Sign

A choice board can help vary activities by limiting activities.

Problem: Jake will play with his trains every day of the week during free play. Mom wants him to engage in other activities.

Solution: Mom puts the universal NO sign over the trains on Wednesday. The trains become unavailable. Jake has to select another activity from the choice board.

Leisure	
	puzzles
	paint
	color
	trains

	cars
	blocks
	play dolls
	bubbles
	read a book

Rewards

Using rewards is an important part of using activity schedules. Rewards are used to motivate the learner to follow the activity schedule.

You can put the reward at the end of a schedule.

Reward at end	
	Put on your pajamas.
	Brush your teeth.
	Read a book.
	Reward = TV time

The learner can select a reward from a reward choice board.

My rewards	
	videotape
	gameboy
	cookies
	donuts
	TV

Embedded Rewards

You can embed rewards into your schedule.

Problem: Ben gives Mom a hard time when it's time to do his homework.

Solution: Embed rewards into Ben's schedule. Put least preferred activities before more preferred activities to increase motivation.

Put **Do your homework** before **Have dessert.**

Embedded rewards	
	Put away backpack.
	Have a snack. (embedded reward)
	Set the table.
	Have dinner.
	Do your homework.
	Have dessert. (embedded reward)
	Read a book.
	Watch TV. (embedded reward)

Rewards - Working For

You can explicitly state what reward the learner is **Working For** .

My Morning Routine	Working for
Wake up.	30 minutes of computer time
Brush your teeth.	
Wash your face.	
Get dressed.	

Token Exchange Board

You can use a token exchange board and have the learner earn tokens. The tokens can be exchanged immediately for a reward that equals one token or the tokens can be accumulated and exchanged for a reward of higher currency.

Token Exchange Board	
	1 token = 2 chocolate chip cookies
	2 tokens = 30 minute tv time
	3 tokens = 30 minute gameboy
	4 tokens = ice cream

	5 tokens = playdate with Tyler
	6 tokens = 30 minute computer time
	7 tokens = movie with Dad

Night Routine	
	Put on your pajamas.
	Brush your teeth.
	Read a book.
	Go to bed.
	2 Tokens

What is www.joeschedule.com?

What is www.joeschedule.com?

www.joeschedule.com is a website that makes it easy to create, modify, print and interactively use activity schedules.

Access millions of picture on the Internet for all of your visual needs.

The learner can interactively use the schedule online and check each step as it is completed.

Choice boards are easily embedded within schedules to increase choice.

Joeschedule.com will keep track of the learners progress and will let him know when he has earned his reward.

What are the advantages of creating schedules online?

You can access your schedules from anywhere: home, the office, the library, anywhere you have access to the Internet.

You will have online storage for all of your activity schedules. You don't have to download anything.

You can allow your school access for greater communication between school and home.

You will have access to help via email.

It is fast, easy and convenient!

Getting Started

0 Getting started	
1.	Decide what it is you want to accomplish.
2.	Make a list:
3.	Problem behaviors,
4.	New skills you want to teach,

5.	Routines you want to be followed.
6.	Prioritize your list.
7.	Tackle one behavior at at time.
8.	Don't give up!
9.	Reward yourself!