

## Visual Supports Tip Sheet

### What are Visual Supports?

Visual supports are non-verbal ways of communicating using pictures, photographs, objects or written words.

### Why Do they Matter?

- Some children have difficulty processing a lot of verbal information sometimes known as “verbal overload”. They will begin to tune out with too much verbal stimuli.
- Having visual supports help children know and remember what to do with less verbal support from adults. This helps them be more independent and confident is what is asked of them.
- Visual supports allow for any student in any grade to organize themselves, see ahead of time events or routines that might change, and accomplish short and long-term goals. These can be individualized to any student need.

### Tip #1 - Use visual supports to help with everyday routines

- Morning Routines - getting dressed, brushing teeth, making their bed... etc.
- Bedtime routines - PJs, brush teeth, drink of water, story time, lights out....etc.
- Chores - cleaning their bedroom - books on the shelf, clothes in the drawers, papers put away or thrown out...etc

### Tip #2 - Use visual supports to help with school at home during the virus shutdown.

- Timed schedule for children to look at so that they know how long they have to work before a break
- Break down a task with a checklist.

- Provide steps to an activity (e.g. hand-washing, making a sandwich)

**Tip #3 - Other visual supports around the house to support an organized home.**

- Reminder signs - close the fridge/cupboard/door
- Grocery list posted for people to add things to

**(Tip #4) - Self regulation visuals to promote positivity in the home**

- - Feelings chart so children can identify how they are feeling and use a strategy