



SCHEDULE

TIME	ACTIVITY
:	
:	
:	
:	
:	
:	
:	



SPECIAL ACTIVITY 1

SPECIAL ACTIVITY 2

CRAFT



EXERCISE/OUTDOOR PLAY



SENSORY PLAY



WATER PLAY



STORY TIME



LUNCH TIME



SNACK TIME



SCIENCE EXPERIMENT



TECH TIME



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Visual Schedule Ideas

Mealtime

Finger painting or painting with food Use pudding, yogurt, or purees for a messy but fun experience.

Squishing or mixing foods Let kids squish foods through Ziploc bags or mix them in trucks or other containers.

Creating food scenes Use play food, figurines, or even real foods to create a scene or world.

"Wrapped" food presents Wrap favorite foods in napkins and have kids open them like gifts.

Blind taste test Surprise taste tests to guess the food and communicate textures, flavors, etc.

Extra Resources

Food play
ideas for picky
eaters



Fun food
activities for
toddlers



Science Experiment

Magnets and Object Testing Test and sort objects by whether they stick to a magnet.

Melting Race (ice cubes in different locations) Predict and observe which melts fastest. Use time words and location words ("hot," "sun," "fast").

Volcano Eruption Create a volcano base with clay and center around a cup. Fill the cup with a spoonful of baking soda. Then, slowly pour in enough vinegar to make the mixture foam up and flow out of the cup. This simulates an eruption and lava flowing out of your volcano.

Magic Milk Add milk to a bowl or plate. Add a couple different drops of food coloring but do not mix. Add a single drop of dish soap to the middle of the bowl/plate. As the soap interacts with the milk, it carries the fat molecules through the water. Watch and see!

Extra Resources

Home
experiments



Science
experiments
and activities



Visual Schedule Ideas

Sensory Activities

Sensory bins Fill a container with sand, rice, or oatmeal. Fill with toys or fidgets and let kids explore.

Foam party Add 1 cup of water, 2-3 tbsp tear-free soap, and a couple of food coloring drops to a bin. Mix to blend the solution and make play foam. Add it to the bathtub for a colorful, bubbly party!

Animal rescue Play an [animal rescue game](#) with ice pods! In a muffin tin, add animal figurines, water, and a drop of food coloring to each cup. Freeze until solid. Drop them in the bath and watch the colors mix as little ones work to free the animals from the ice!

Shaving Cream Letter Tracing Trace letters, shapes, or numbers. Use as a fun alternative to practice fine motor skills.

Mystery Sensory Bag Exploration Use bags filled with hair gel and objects to squish and find. Have the learner describe or label the contents.

Quick and Easy Go Fish Just draw a fishbowl on a piece of paper and place a bowl of water on top. Add in little “fish” made from pipe cleaners and have your little one use a fishing tool (I used a fork). Just use what you have!

Extra Resources

Animal
rescue
game



More
sensory
ideas



Gross Motor Activity

Animal Walks (e.g., bear crawl, crab walk) – Pick and imitate the walks of your favorite animals (dinosaurs included!).

Jumping or Hopping Patterns Use floor dots or tape to cue jumps, or if outside with chalk, play hopscotch.

Yoga or Stretching Routine Follow along with yoga videos for kids, picture cards or model poses.

Freeze Dance with Music Cues Use preferred music or specific freeze dance songs, stop on cues.

Floor is Lava Follow a video or create your own version to play; run to somewhere elevated before the floor “turns to lava”.

Obstacle Course Create an obstacle course and increase the fun with timed races and creative movements.

Extra Resources

Gross motor
activities for
summer



Visual Schedule Ideas

Water Play

Sink or Float Test Drop objects in a bowl or bucket of water and predict outcomes.

Car Wash Create a car wash in a bucket or the sink; add soap and bubbles for extra fun.

Spray Bottles Fill up spray bottles and head outside. Water some plants or create drawings on the pavement with your spray bottles.

Water Painting Grab a bucket of water and a brush. Draw with water on the pavement and create fun pictures.

Magic Potion Create a magic potion in a bucket of water by adding different leaves, flowers, and food dyes to give some color. Stir around and add baking soda with vinegar for fizz.

Extra Resources

Outdoor
water play
ideas



Easy water
play ideas



Tech Time

ABCYa ABCYa provides a huge catalog of educational games for kids. Select based on grade level or find what works best for you and have fun!



Boom Cards Boom Cards by Boom Learning is an interactive site with entertaining ways to teach a wide variety of skills. Create an account and explore.



Starfall Education Another website full of interactive songs and games with educational themes.



NatGeo Kids NatGeo Kids offers a variety of puzzles, matching, and maze games.



Autistic Hub Games and activities designed for children with ASD.



Visual Schedule Ideas

Art & Crafts

Paper Plate Masks Create an animal or face mask and act out feelings or animal sounds. Great for symbolic play.

Handprint Art Use paint or ink to make handprint animals or scenes.

Tear and Glue Collage Tear paper and glue into a design or create a unique picture.

Pompom Ice Pops Craft pretend ice pops using colorful pompoms, craft sticks and glue. Kids can get creative and come up with their own "flavors"

Cardboard Tube Telescope A paper towel roll becomes a telescope with a little paint and creativity! Decorate the roll with colorful paints or stickers, kids can personalize it and make it their own.

DIY Mailbox Turn a cardboard box into a personalized mailbox with paint, stickers and markers. Use it for writing and delivering "letters" to family members.

Jewelry Making Find some beads and some strings to make cool necklaces and bracelets while practicing fine motor skills.

Extra Resources

Arts &
Crafts for
home



Arts &
Crafts for
toddlers



Story Time

Act Out the Story with Props Use puppets or toy figures to re-enact available stories. Mad Libs – Create a fake story with key information left out (characters, settings, adjectives, etc.). Use a word bank or keep it open ended and fill in the blanks with random, silly ideas.

Audio Books Switch it up and find fun audio books and read-aloud through YouTube.

Popcorn Reading Popcorn read in group settings. Have different people play different characters.

Create a Comic Book Follow basic "who, what, when, where, why" story prompts and create comic squares to illustrate and read a story you create.

Extra Resources

Storybooks

