



A DAILY SCHEDULE WHILE AT HOME

FOR PEOPLE WITH AUTISM SPECTRUM DISORDER

Dear Parents, kindly note that this is a sample schedule, adapt the schedule as per your family routine and resources. Use visual schedules and pictures to explain the schedule to your child. (HMC – Child Development Center)

TIME	TASK	DETAILS
9:00 am	Wake up	wash face, brush teeth shower time, get dressed make the bed
9:30 am	Breakfast	wash hands before learn concepts wash hands and face after
10:00 am	Family walk	outdoor walk, cycle
11:00 am	Learning time (one-to-one)	homework skills training (social, concepts, speech, fine motor) as agreed with professionals
12:00 pm	Playtime	free play – Lego/puzzle/music with siblings
1:00 pm	Lunch	wash hands before learn concepts wash hands and face after
1:30 pm	Quite time	sleep
3:00 pm	Learning time (one-to-one)	skills training (social, concepts, speech, fine motor) as agreed with professionals
4:00 pm	Active time	(outside if weather permitting) sensory play inside the house jump, run, slide
5:00 pm	Screen time	TV or iPad (cartoons or fun/educational apps)
6:00 pm	Dinner	wash hands before learn concepts wash hands and face after
7:00 pm	Family activity time	talk, laugh and play together
8:00 pm	Reading	social stories
8:30 pm	Bedtime	shower put on pajamas brush teeth



A DAILY SCHEDULE WHILE AT HOME

FOR PEOPLE WITH AUTISM SPECTRUM DISORDER

Dear Parents, kindly note that this is a sample schedule, adapt the schedule as per your family routine and resources. Use visual schedules and pictures to explain the schedule to your child. (HMC – Child Development Center)

TIME	TASK	DETAILS
9:00 am	Wake up	wash face, brush teeth shower time, get dressed make the bed
9:30 am	Breakfast	wash hands before learn concepts wash hands and face after
10:00 am	Family walk	outdoor walk, cycle
11:00 am	Learning time (one-to-one)	homework skills training (social, concepts, speech, fine motor) as agreed with professionals
12:00 pm	Playtime	free play – Lego/puzzle/music with siblings
1:00 pm	Lunch	wash hands before learn concepts wash hands and face after
1:30 pm	Quiet time	sleep
3:00 pm	Learning time (one-to-one)	skills training (social, concepts, speech, fine motor) as agreed with professionals
4:00 pm	Active time	(outside if weather permitting) sensory play inside the house jump, run, slide
5:00 pm	Screen time	TV or iPad (cartoons or fun/educational apps)
6:00 pm	Dinner	wash hands before learn concepts wash hands and face after
7:00 pm	Family activity time	talk, laugh and play together
8:00 pm	Reading	social stories
8:30 pm	Bedtime	shower put on pajamas brush teeth

