Object Calendar

An object calendar or symbol shelf can be a useful tool to help a child develop and expand on anticipation and to communicate to others that he understands what is coming next in the daily schedule or next in a favorite activity.

Instructions:

Determine what activities a child enjoys, or if you are using the object calendar for the steps of a favorite activity such as grooming, determine the steps within the specific activity.

Plan a sequence that includes several of these activities or steps. (In addition, other required activities that the child may not enjoy as much may be included with a representative object or piece of object.)

Select obvious objects or parts of objects that can be used as symbols for each of the activities. For example, a small cup may represent snack time or a small rubber ball may represent playtime. If a miniature is not available or would not communicate the meaning, then try a piece of something. For example, a piece of fabric that feels like the child's coat may be used to represent time to leave.

Place the objects in a sequence in a box or shelf that has been divided into segments or a series of small containers connected together.

Either cover the object after the activity has taken place or have a container nearby to place each object in as that activity ends. This communicates that the activity is "all done" for that session.

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