

Ideas to Share

My Day Board



Materials:

Foam Board (thick poster board – sturdy like cardboard!)

Velcro (tape and dots)

Pictures and/or symbols of activities the child does and places the child goes on a regular basis

1. Cut foam board to the size of 36” length x 4” width. Take the Velcro (fuzzy or female side) and run it the entire length of the foam board on both sides. Attach the pictures for the daily schedule on one side and on the other side have a place to store extra pictures and symbols.
2. Gather pictures and symbols that represent activities & routines in the child’s day. For activities done on a daily basis gather specific pictures that represent that activity. For example, if the child goes to the same speech therapist every week, obtain an actual picture of that therapist. Cut the label out of a favorite breakfast food for breakfast. Be creative! For activities done every once in a while try to pick a more general picture or symbol that could represent a variety of activities. For example, a party hat and/or balloon could represent a birthday party, a neighborhood picnic or a potluck at church. In this case the picture represents a generic special event or gathering. If the child uses a communication device with a symbol based language it is a good idea to use the same symbols (with text).

These ideas have been gathered from various resources included (a) submissions from early interventionists across the country, (b) development by Tech-n-Tots staff, or (c) retrieved from various websites focusing on assistive technology. If you have an idea to submit, please send a description and photo to: Jill.McLeod@jefferson.edu



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3. Under the picture, symbol, or cut out, write the text that corresponds to the picture. Do this on a self adhesive label which can easily be attached to the picture, etc. This is a nice way to connect pictures and text.
4. Place a Velcro dot (rough or male side) on each picture, symbol or cut out. Attach all items on one side of the foam board.
5. To use the "My Day" board, pull out the appropriate symbols for the day and place them in sequential order, left to right on the empty side of the foam board. What will make the use of the board successful is to have it in a place that is easily accessible early in the day, i.e. near the bed, by the toilet, at the breakfast table. When talking to the child about the day ahead, point to each picture with text and discuss the day ahead. This is a great opportunity for language exploration for the child. Use the "My Day" board every morning so the child begins to expect it as part of their daily routine. Refer to the board throughout the day as to what comes next, etc.

Idea Submitted by: Anonymous