

Activity schedule and effectiveness



what is activity schedule :

Activity scheduling (AS) is an effective behavioural treatment that actively involves persons in increasing number of daily activities



6 process to prepare your schedule:

- Identify the time you have available.
- Block in the essential tasks you must carry out to succeed in your job.
- Schedule high-priority urgent tasks and vital "housekeeping" activities
- Block in appropriate contingency time to handle unpredictable events and interruptions.
- Schedule the activities that address your priorities and personal goals in the time that remains.
- Analyze your activities to identify tasks that can be delegated, outsourced or cut altogether



Visual Schedule

What is it?

A visual schedule is a visual representation of what is going to happen throughout the day or within a task or activity.

Benefits of Visual Schedules

- Increases Learning
- Turns Abstract Into Concrete
- Independence

8:30-9:00 Arrival and Centers	11:30-12:00 Lunch
9:00-9:30 Outside (or gym)	12:30-1:30 Rest Time
9:30-10:00 Small Groups (includes snack)	1:30-2:00 Quiet Activities
10:00-11:00 Centers	2:00-2:15 Afternoon Snack Time
11:00-11:30 Clean Up, Storytime Large Group	2:15-2:30 Pick Up/Dismissal

DAILY SCHEDULE

5-7am	Up early for alone time & to work
7-8am	Kids up! Breakfast & independent play
8-9am	Morning activity (sensory play, activity box, toy rotation etc)
9-9:30am	Story Time
9:30-10am	Art or Cooking Project
10-11:30am	Snack & Outside
11:30-1pm	Lunch, clean up & calm down for nap
1-3pm	Nap (work) time
3-4:30pm	Snack & Outside or Afternoon Activity
4:30-5:30pm	Screen Time / Cook Dinner
5:30-7pm	Dinner, Bath, Books, Bed

Effectiveness of activity schedule:

- It is a way to prompt behavior
- communicate clear expectations
- guidance gradually decreases with time.
- Activity Schedules can be modified to develop along with the learner

References :

<https://www.autismspeaks.org>, <https://nursingandhealth.asu.edu/sites/default/files/activity-scheduling-for-depression-in-older-adults.pdf>
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