

Visual Schedule for Preparing Tiny Humans

When children are in-the-know on plans and expectations, the alarm center of their brain is able to relax, and the child can feel autonomous over their own lives. We can offer information about what a child can expect through visuals.

This is a printable visual schedule to help children understand the routine and expectations at the Polar Express event, so they can be fully present in the moment. Here's how to use this printable social story.

How to use this visual schedule:

- Print out the visual schedule.
- Review the schedule, noting each of the activities and transitions that will occur. You might revisit the schedule the night before going, and again the next morning.
- Make available for the child to access on their own, both before and after the event.
- Bonus tip! Take photos while you're at the Polar Express event. Compare your photos to the visual routine. Did you experience all of the activities on this visual schedule?



Wait in line for Golden Ticket



Conductor brings us to train



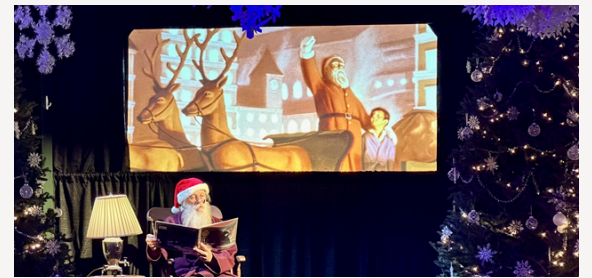
Cookies and hot chocolate inside train



Caroling (in all but Sensory Friendly train cars)



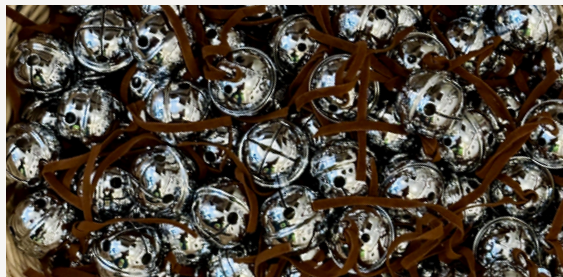
Madrigal choir



Polar Express story time



Visit with Santa



Get a silver bell



Leave through the magic door!