



School Day Visual Guide for Children

This guide gently explores what happens during a school day — from learning and play to rest and support — with soft visuals, clear language, and sensory-safe rhythms.

With gentle icons, pastel colours, and emotionally aware descriptions, each panel helps children understand the flow of the day and feel more confident in spaces that can be busy or unfamiliar.

If school sometimes feels new, bright, or full of mixed feelings, this guide is here to make things steadier — one calm moment at a time.

Questions You Might Have

What happens inside a school day?

A school day has different parts — learning, moving, resting, and connecting. Each moment has its own rhythm, and visual schedules help everything feel steady and clear.

Why do we have breaks and snack time?

Breaks give your body and brain time to rest. You might eat, stretch, chat, or sit quietly. It's always okay to take a moment to reset.

What happens at home time?

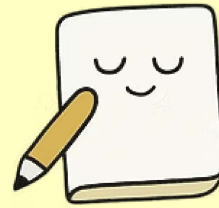
The day ends with getting ready to go home. You might feel tired, proud, or a mix of both. It's okay to go slowly and take your time.

What's Inside a School Day



A sensory-safe guide to the moments that help you learn, move and connect.

Lessons & Learning



Lessons help you explore new ideas. Some are quiet, some are active.

Breaks & Snacks



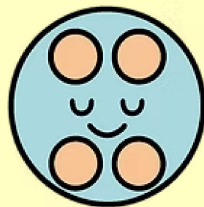
Breaks give your body and brain time to rest. You might eat, chat, or sit quietly.

Movement & Play



Playtime helps you move, laugh, & connect. You might run, swing, build, or imagine.

Sensory & Support



Some parts of the day feel busy or loud. You can use fidgets or quiet spaces.

Home Time & Transitions



The day ends with getting ready to go home, you may feel tired, proud or both.