

BEDTIME ROUTINE VISUAL SYSTEM

Sistema Visual para la Hora de Dormir

10 gentle evening steps + sleep-ready boards



Eat dinner
Cenar



Put on pajamas
Ponerse el pijama

COLOR + LOW-INK EDITIONS

US Letter + A4 | Ages 3-6 | Home - School - Speech - SPED

Original visual system - print, cut, laminate and use

A 5-minute setup for confident use

- 1. PRINT** Choose the color edition for strong visual cues or the low-ink edition for economical printing.
- 2. PREP** Print at actual size. Cut on the pale guide lines. Laminate and add hook-and-loop dots if desired.
- 3. START SMALL** Use 2-4 visuals that are already familiar. Add new choices after the learner succeeds.
- 4. MODEL LANGUAGE** Label each and use one short phrase. Accept pointing, gesture, signs or spoken words.
- 5. BUILD INDEPENDENCE** Remove prompts gradually. Keep the visual available so the learner can check it.

DESIGN NOTES

- Use neutral, respectful language; visuals should support choice, not force compliance.
- Supervise cutting and small fasteners. This resource is educational and is not medical advice.
- License: one household, one classroom or one therapist caseload. Do not redistribute files.

Premium components built for repeated use

Bilingual visual cards

10 English-Spanish visuals with clear, uncluttered artwork

Color edition

High-contrast palette for fast visual recognition and engaging centers

Low-ink edition

Grayscale alternatives for economical home and classroom printing

Interactive tools

Four-step bedtime chart, now-next and tracker

Skill practice

Predictable evening language and independence

Adult support

Coregister setup and gradual prompt fading

Two paper sizes

US Letter master plus A4 international edition

Answer and use notes

Prompts, suggested responses and practical differentiation tips

PREVIEW - MUESTRA

Bedtime Routine Visual System - cut on the pale dashed guides



Eat dinner
Cenar



Family time
Tiempo en familia



Use the toilet
Usar el baño



Wash hands
Lavarse las manos

Bedtime Routine Visual System - cut on the pale dashed guides



Brush teeth

Cepillarse los dientes



Put on pajamas

Ponerse el pijama



Read a book

Leer un libro



Turn off the light

Apagar la luz