

<p>1. Bulela thepe</p>  <p>*</p>	<p>2. Kolobetsa diatla</p>  <p>^</p>	<p>3. Tswalela thepe</p>  <p>*</p>	<p>4. Baya sesepa mo diatleng tsa gago</p>  <p>^</p>	<p>5. Fogotlha sesepa fa diatla</p>  <p>^</p>
<p>6. Fogotlha sesepa fa godimo ga diatla</p>  <p>^</p>	<p>7. Fogotlha sesepa fa gare ga menwana</p>  <p>^</p>	<p>8. Fogotlha sesepa fa godimo gaa ntlha tsa menwana</p>  <p>^</p>	<p>9. Bulela thepe</p>  <p>*</p>	<p>10. Tlosa sesepa ka go se tlhapa</p>  <p>^</p>
<p>11. Tswalela thepe</p>  <p>*</p>	<p>12. Omisa diatla ka toulo ya pampiri</p>  <p>^</p>	<p>13. Latlhela toulo ya pampiri ka mo bining</p> 	<p>14. Tloga kwa phaposibotlhapelong</p>  <p>*</p>	<p>15. Ka diatla tse di phepa</p>  <p>^</p>

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This is a visual schedule. A visual schedule can help people to understand how a sequential process or procedure works. It is especially helpful for people with intellectual disabilities or autism, to help them understand what to do next or what will happen next. When a person is able to anticipate what will happen next it can decrease their anxiety and increase their independence. To use the visual schedule, before an activity sit with the person and explain the procedure to them step by step, pointing to the pictures as you go. During the procedure before each step show the person the picture and when that step is completed show them that you are moving on to the next step.

\*symbols from [www.bildstod.se](http://www.bildstod.se) and ^ <https://www.vecteezy.com>