Free software to help you make your own Visual Supports

Visual Strategies, Visual Tools or Visual Supports are visual cues that help people to understand better. Visual supports can be used with a wide range of people of all ages to help them make sense of their world.

Some examples of visual strategies are:

- Individual visual schedules or timetables
- Reward boards/token boards
- First/Then boards
- Visual Behaviour Supports
- Visual timers and break cards
- Task Analysis Visuals/to do lists/shopping lists
- Class or house rules
- Social stories
- I need…reminders/independence
- Choosing Boards
- Self-regulation visuals

Look on Pinterest or www.usevisualstrategies.com for hundreds of ideas on great visual supports.
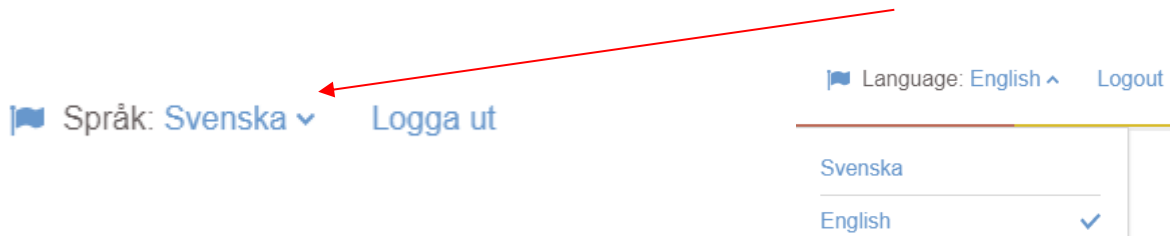
Use Bildstod free software to make your own...instructions below.

How to use Bilstod software

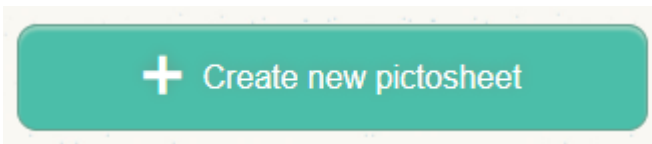This is a great piece of free software that you can use to make a wide range of visual supports.

It is Swedish software but it can be switched to use in English.

1. Go to http://bildstod.se/
2. Switch the setting to English using the drop down tab beside the word Svenska on top right of screen.

Språk: Svenska ˅   Logga ut

Language: English ˄   Logout
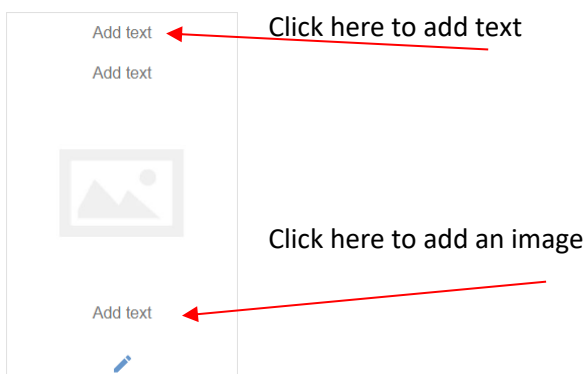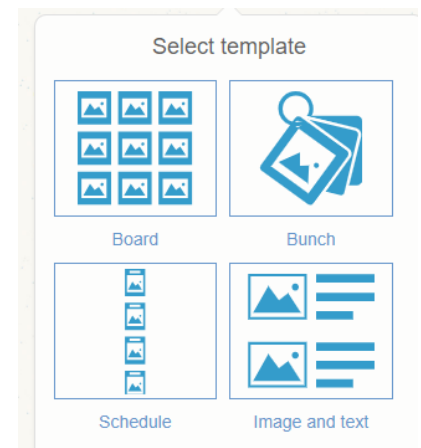
Svenska

English   ✓

3. You will need to create a log in.

4. NB your password needs to be 8 characters long.

5. Once in the software, you can see examples of other visuals that have been made but as they are mostly in Swedish these will not help much.

6. This programme is most useful for you to make your own.

7. Go to 'Create new pictosheet' on left of screen

+ Create new pictosheet

8. Choose the type of template you want

9. You will see a blank page with blank cells on it.

10. Add the label you want in the first text box
    (There are 3 places for you to add text. This is in case you are making a bilingual version. If not just type into the first text box only)

    - NB Always do add a label with the picture. It helps everyone call it the same thing and is a good opportunity to expose students to literacy.

Select template

Board   Bunch

Schedule   Image and text

Add text ← **Click here to add text**

Add text

Click here to add an image

Add text ←

11. Scroll down to the bottom of the cell and click on the pencil. You can now see an option to add image

Add image

Change color of cell

12. Type in the name of the picture you want and search…. all available options will be shown. Click on the one you want and it will appear in the cell on your page

13. Repeat until you have all the images you want

14. You can change positions of cells on the page and add a title

Click here to add a header

Click here to add a description

✛ Change order of cells

15. Save your board in case you want to use it again. Go to 'descriptions and settings' on the top tool bar

2. Description & settings

16. Give it a title and a category and then select save and close. It will be saved under your log in.

17. View the board as a whole page and then 'Print' from top tool bar when finished

[View and print]

If you are stuck there is a link on the page to a YouTube video showing you how to make things. It is in Swedish but it is easy to follow to get the basic idea.

Happy Visual Strategy Making ☺

References

Linda Hodgdon, M.Ed., CCC-SLP is a Speech-Language Pathologist who is internationally known as a pioneer in developing the use of visual strategies to support communication for students with the communication, behaviour or social skill challenges that are common in Autism Spectrum Disorders.

Created by Polly Thomas (TalkLink Teacher) on 30/01/2019