



First/Then Board Intro sheet

First/Then boards can be used for a variety of reasons

They can be used to:

Assist with transition from one activity to another.

For example, "First clean up, Then we go home."

Break routines into smaller steps. For example, "First use *the bathroom* and Then wash hands."

Encourage children to complete tasks they might not enjoy in order to do a more enjoyable task.

For example, "First put on your coat, Then we will go outside."

Making a First/Then Board

1. Cut out the cards.

Optional: Print cards on cardstock, attach to thicker paper, laminate, or make cards sturdy by covering with clear tape or clear contact paper.

2. Select the visual cards that represent the activities you need.

Don't see a visual you need? It's easy to make your own!

3. Make the boards.

Print the board templates provided, or get creative and make your own!

4. Attach cards.

If you are able, use small pieces of Velcro on the back of the pictures.

How to Use

Try it out!

As you use the First/Then board with a child, place a preferred activity or item on the "Then" side of the board. This will increase the likelihood that the child will complete the activities on the "First" side of the board.

Flip the picture over, as each activity is completed, to indicate that the activity is "finished." If you place a strip of Velcro on the front of the picture card, you can flip it over and stick it to the board.

Celebrate! Acknowledge and provide feedback to your child after they complete the "First" activity and are moving to what is coming next (e.g., "First you washed your hands and now we get to eat our yummy snack! Thank you for listening so well!" Or "First you cleaned up and now we get to read a book together. Thanks for being so helpful!").