

## **‘First – Then’ boards**

‘First – Then’ boards, also called ‘Now – Next’ boards, can be useful in lots of ways. They are simple visuals that help with understanding what is happening, what to expect in a daily routine, and can assist with transitions to reduce anxiety.

Object level- you can use this with your children who are still at object level. Put their shoes on ‘First’ and your car keys on ‘Then’, saying ‘first shoes on, then car’.

Photo/TOBI level - you can use the ‘First – Then’ board with photos or TOBIs (True Object Based Icons). For example, first dinner (with a life size photo of their own plate), then biscuit. There are some biscuit pictures to get you started.

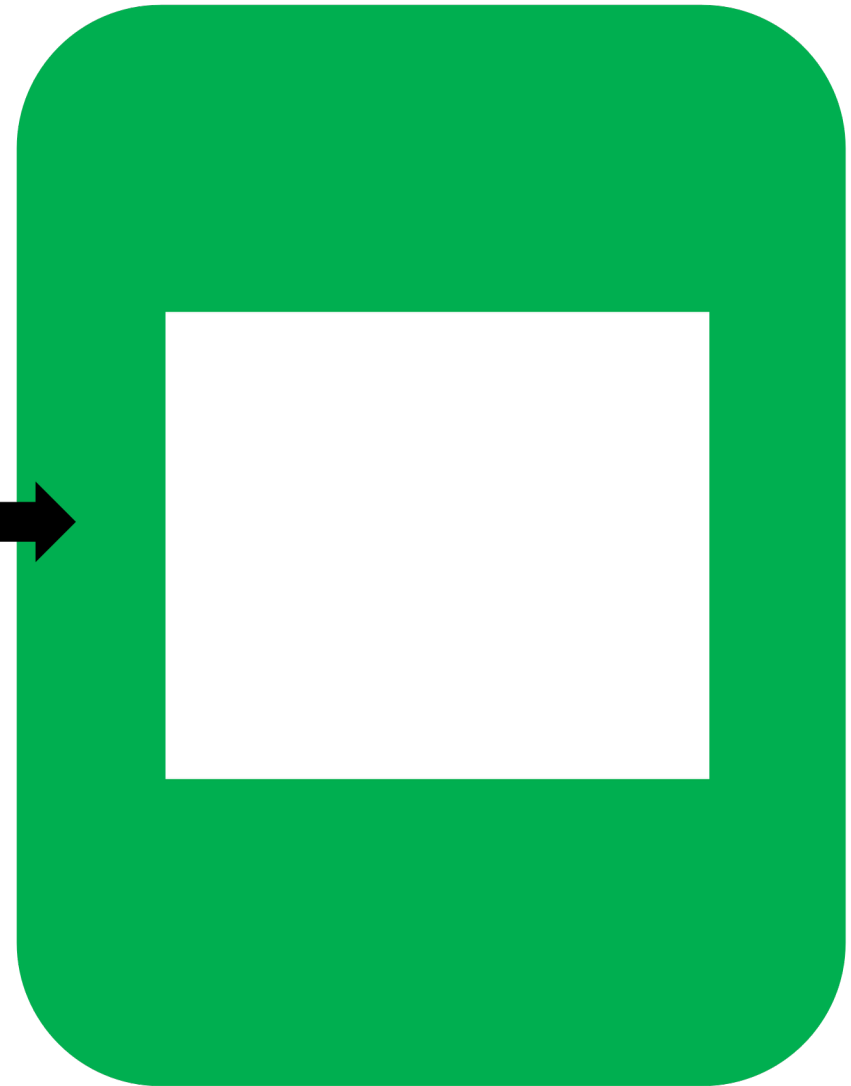
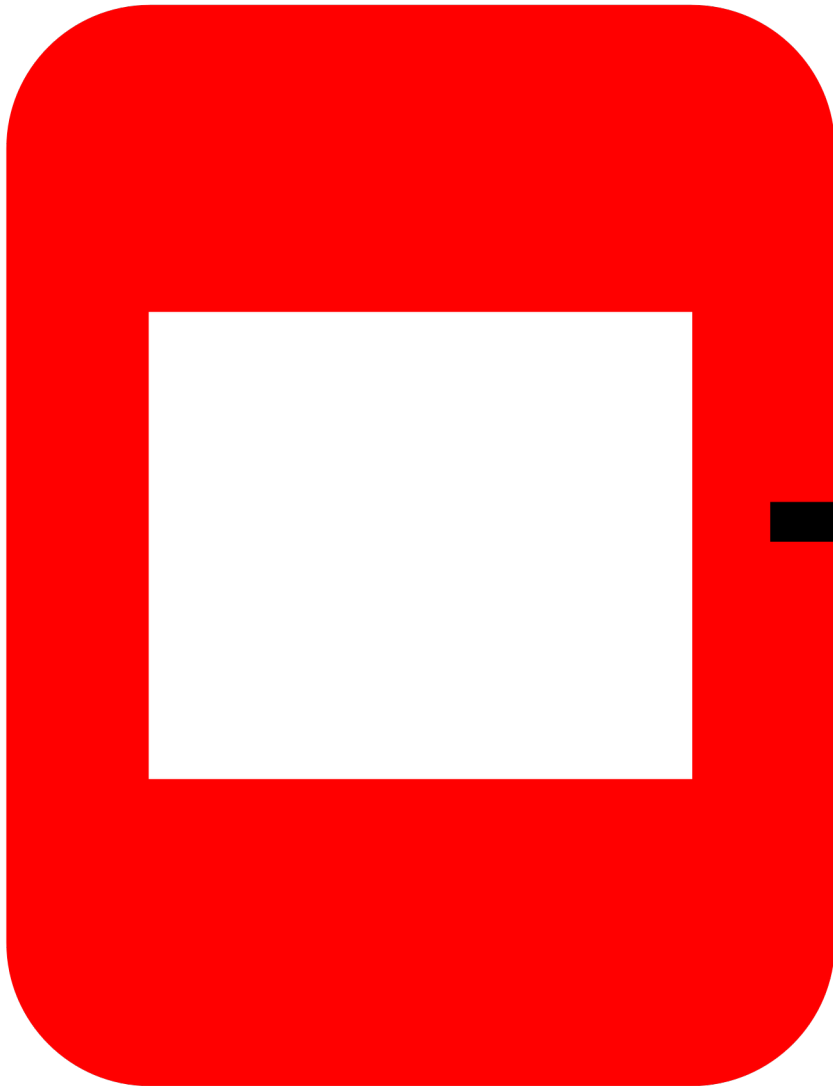
Cartoon/icon level - if your child can understand photos, you can begin to introduce more abstract images, like the cartoons we have here, or icons. You can make your own, depending on what your child needs.

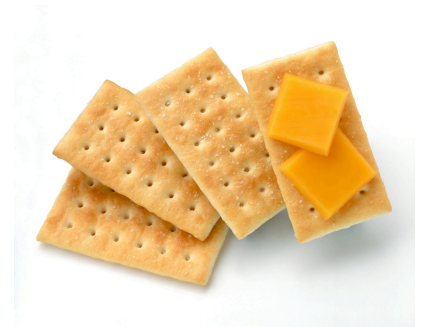
Written word- even very able children and some adults can benefit from a ‘First – Then’ board. Use a laminated board, with no Velcro, and write in the boxes. This can be the beginning of a schedule or a ‘to do’ list. It can help with motivation or assist those who are struggling with working memory.

**First**

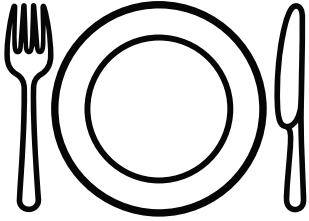


**Then**





**Eat**



**Tidy toys**



**Toilet**



**Brush teeth**



**Get changed**



**Bed**



**Book**



**TV**



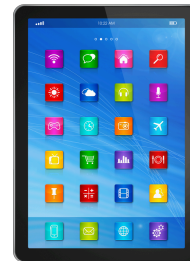
**Play time**



**Bath**



**Tablet**



**Go outside**



**First**



**Then**

*homework*



*Computer  
games*