

First/Then boards

A First-Then board is a simple visual tool used to help children or individuals with disabilities understand expectations, follow directions, and transition between activities

It visually shows: What the child needs to do and what they get to do next.

By pairing a non-preferred task (e.g., clean-up) with a preferred activity (e.g., playtime), it encourages cooperation. It also helps with behavior because Instead of focusing on what the child *can't* do, First-Then boards offer positive reinforcement to focus on what the child gets to do, once the initial task is complete.

Example: “First sit for story, then bubbles.” or “First clean up, then playground!”

A First-Then-And Then board is a step up from a basic First-Then board. It adds one more step, making it helpful when a child is ready for slightly more complex routines or needs to understand a longer sequence of events. Sometimes you want a child to complete two non-preferred tasks before getting a preferred one.

***Helpful Hint* Start with short, doable tasks and follow through with the “then” immediately, so the child learns to trust the process.**

FIRST

THEN

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First



Then

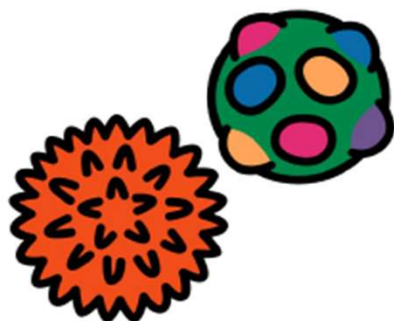


Then

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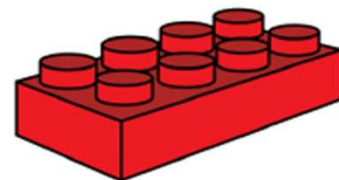
headphones



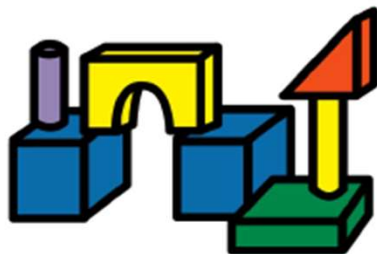
fidgets



swing



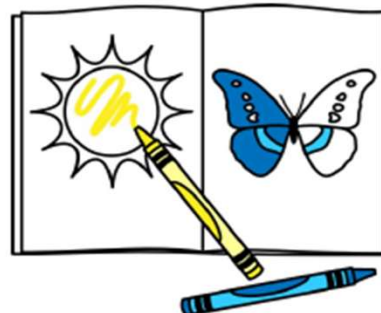
Legos



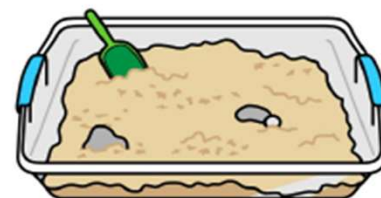
blocks



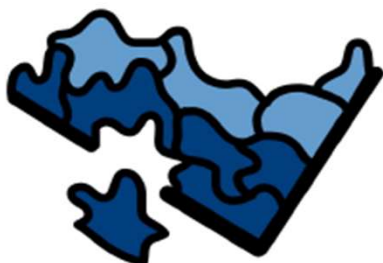
weighted blanket



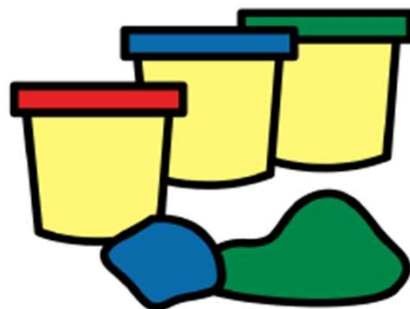
coloring pages



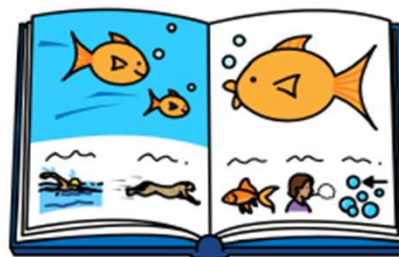
sensory box



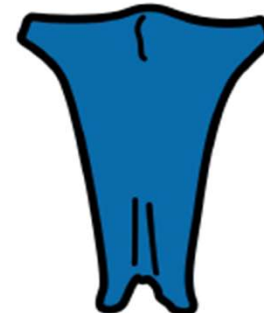
puzzle



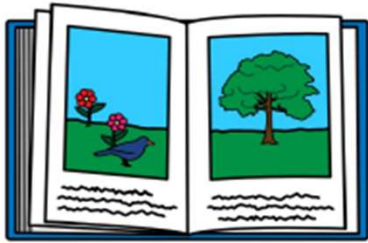
Play-Doh



adapted book



body sock



Bible story



Bible Lesson



Worship



arts and crafts



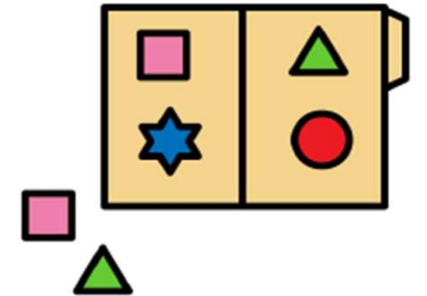
pray



classroom



game



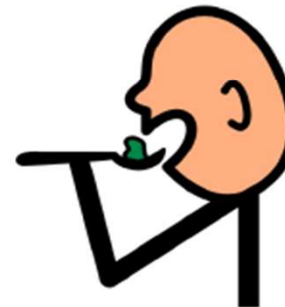
activity



break



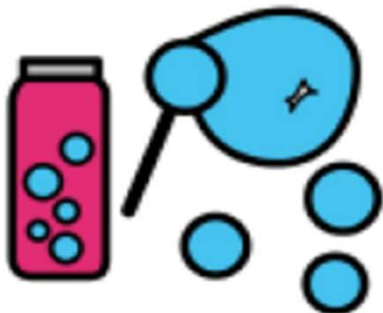
sensory room



eat



all done



bubbles



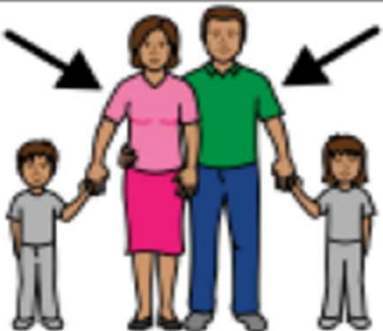
cars



clean up



wash hands



parents



bathroom



sit down



safe hands



playground



sticker sheets



listen



calm body