Using a First-Then Visual

First-then visuals are a great tool to use to let your child know your expectations and what is coming next. Follow the steps below to create your own first-then board:

1. Place a picture of a less preferred routine or activity in the "first" square.

2. Place a picture of a preferred routine or activity in the "then" square.

3. Cut out the images provided, or use your own!

Click here for more resources on visual schedules and preventing challenging behavior.
First

Place picture of a less preferred activity your child should do first.

Then

Place picture of a preferred activity your child can do next.
Place picture of a less preferred activity your child should do first.

Place picture of another less preferred activity your child should do next.

Place picture of a highly preferred activity your child can do once they finish the first two.

Use this visual only after your child has learned a first-then visual and is able to complete multi-step directions
Work
Bath
Eat
Bathroom
Get dressed
Clean up
Brush teeth
Nap
Computer
iPad
Game
Play