

How to Use: A First Then board is a simple visual that shows your child **what they need to do first** and **what happens next**. It helps make expectations clear, reduces anxiety, and increases cooperation. Print on cardstock and laminate.

Step 1: Choose the “First” task. This is the work, routine, or less-preferred activity (e.g., clean up, finish classroom work, get dress, brush teeth). Place a picture, icon or word in the FIRST.

Step 2: Choose the “Then” reward or next activity This should be something motivating or preferred (e.g. play outside, play with iPad, have snack, play with bubbles/cars/dinosouras/blocks). Place the picture or word in the **THEN** box.

Step 3: Show and say it clearly Point to each box while speaking: “First clean up, then playground.” Keep language short and simple.

Step 4: Repeat throughout the day. The more it’s used, the more independent your child becomes.

