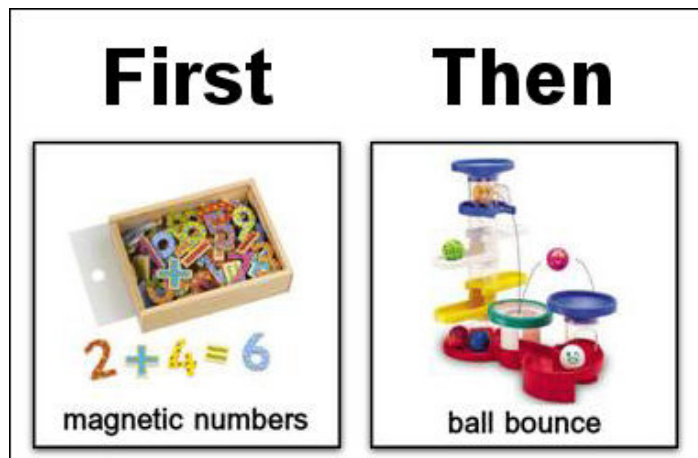


## First ...Then...



### Why use First...Then?

- 'First' and 'Then' boards are a simple means of beginning to help structure transition from one activity to the next.
- They provide the child with information about what they will be doing and what that it will be followed by.
- The child should have a highly motivating activity second as it will encourage them to complete the first one.
- They can be a useful tool to use if the child is unsure about what to do or reluctant to engage with what the adult is requesting.

### How to use

- In the 'First' box choose the activity you wish the child to complete and then choose an activity which will reward the child in the 'Then' box. Initially these might be photos or actual objects, leading on to symbols/ pictures to represent them, dependent upon the child's level of understanding.
- Explain this simple routine to the child using the board as a visual support. For example, "Ben, look. First numbers, then ball bounce"

### Where next?

- This would lead on to the child beginning to use a more structured visual timetable.