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 information on how to teach your child how to use visual schedules see the visual schedules resources.
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.
First

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

Next

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

Then

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