First Then Boards

A visual support used to help someone understand expectations.

First   **Then**

Color   Playground
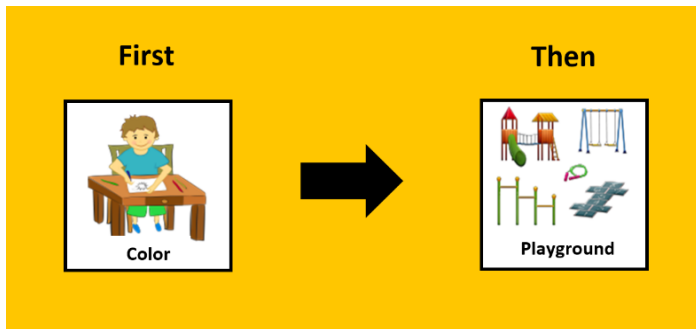
Helpful for:

- Increasing participation
- Transitioning between activities
- Learning routines
- Supporting understanding of spoken language
- Motivating completion of activities.
- Breaking longer schedules into smaller steps
- Increasing independence

Create	Implement	Assess
- Identify the user and the targeted activities - Consider the user's developmental level. - It is best when the 'First' is the less preferred activity and the 'Then' is a motivating activity. - Create a board with the words 'First', 'Then' and an arrow in between. - Add picture cards of the targeted activities to the board, use Velcro to adhere. - Laminating picture cards and boards increases durability. - Boards and picture cards can also be hand drawn on paper or a dry-erase board.	- Start teaching when the user and teacher are at their best. - Model the expected behaviors using the card. - Present the card to the user and point at the pictures as you say "First _____, then _____". - Offer the 'Then' as soon as the 'First' is completed to foster understanding and motivation. - Observe the user's reaction to check for understanding, adjust prompts as needed.	- Continually assess the 'Then' to ensure that it is motivating to the user. - Keep using as long as it is working. - Consider using a multi-step visual schedule if there are more than 2 activities that need to be represented.

Visual supports can be objects, photographs, line drawings or words. Find what works best for the user.

Block   Block   Blocks