

How~To Templates

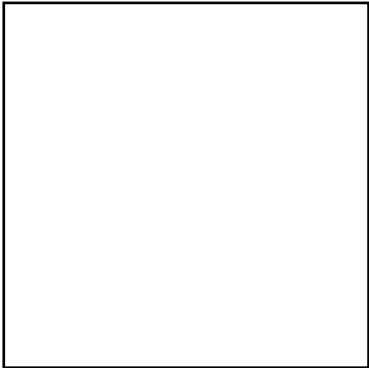
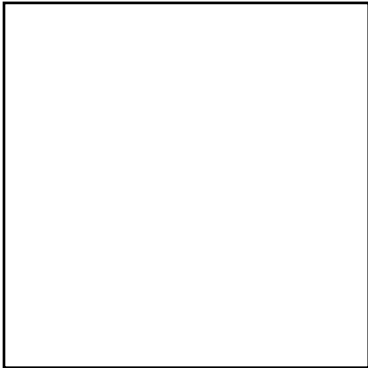
First-Then Board

- ◇ A first/then board is a specific strategy that shows what is expected of the individual through the use of a picture of the first activity followed by a picture of the following activity. The “first” activity is usually a less desired activity and the “then” activity is a more preferred activity, such as “choice time”, “break time”, a specific activity (e.g., game), or an object (e.g., book). It is okay to place a concrete object (such as a book) on the “Then” box if no pictures are available.
- ◇ Try using first-then boards to help individuals through non-preferred tasks (e.g., homework, chores, doctors visits).
- ◇ Rewards must be immediately available.
- ◇ Remember, offer rewards **prior** to negative behavior so the individual does not learn to misbehave in order to have a reward offered.

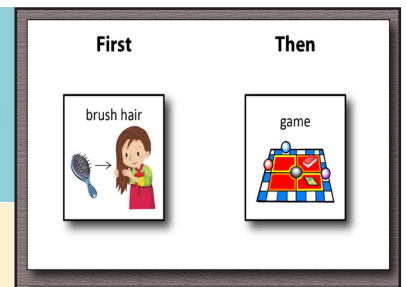
To Make:

1. Take photographs or cut out the images available here to represent the “first” task. Text could alternatively be used if appropriate for the individual. Laminate the pictures/text if possible or cover with clear contact paper.
2. Think about possible rewards. Use photographs, text, objects, or the attached images to represent the “then”. Laminate if possible or cover with contact paper.
3. Use the First-Then board included here, or draw and cut out two large squares, one with “First” above it, and one with “Then” above it.
4. Use Velcro to attach pictures on First-Then board in the order shown in the image.

Small Board Template

First	Then
	

Materials provided are **samples only!**
Items may need to be individualized to meet each person's specific needs!



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Also, check out...

How-To Video Series

How-To Templates Series

Kid's Corner Series

Life with ASD Series

Academia Series

Strategy in Practice

e-Learning Options

Stay in touch via listserv &

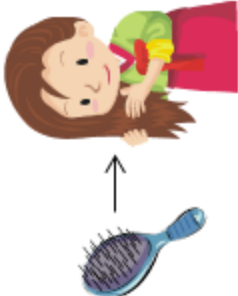

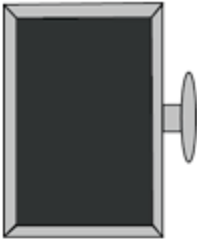





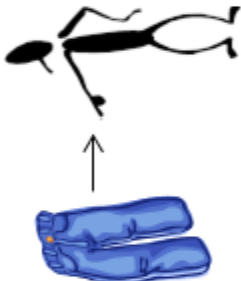






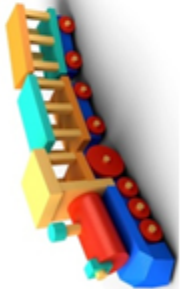





& Learning Connection!

Large Board Template

First	
Then	

Options

brush hair 	break time 	watch TV 	bath 
eat 	listen to music 	game 	homework 
get dressed 	puzzle 	bathroom 	read 
clean 	play 	therapy 	trains 
work 	brush teeth 	doctor 	sports 