

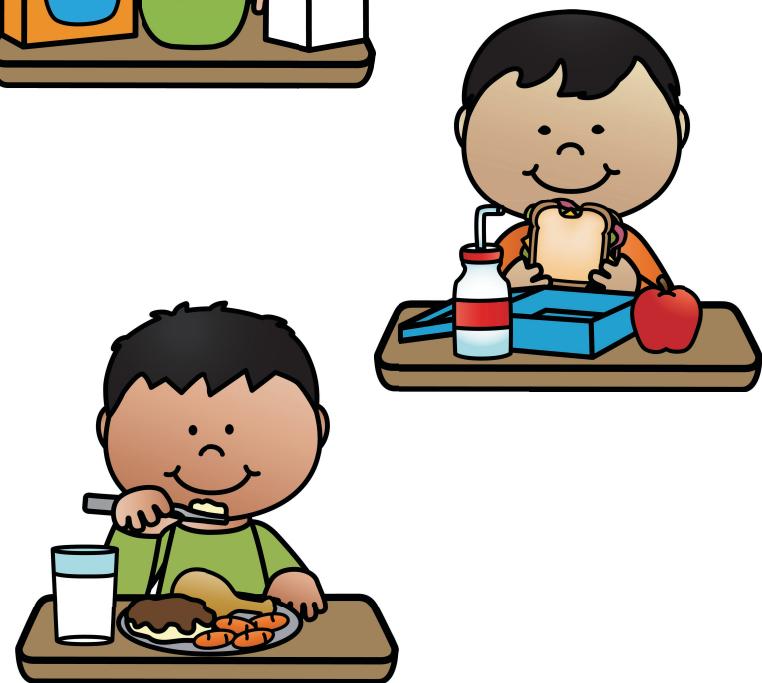
# EATING AT THE TABLE



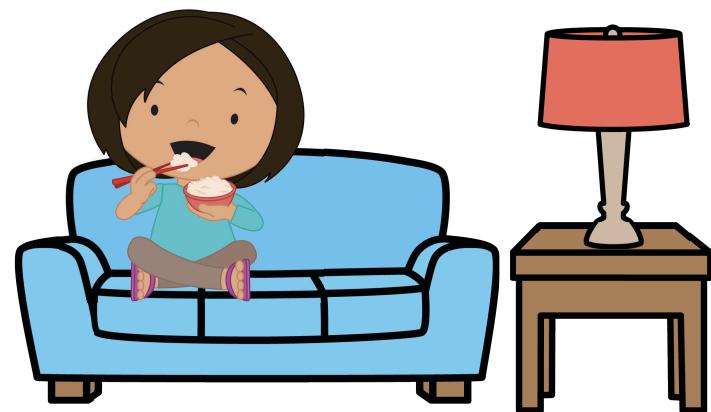
Most of the time, when I eat food,  
I should sit at the table.



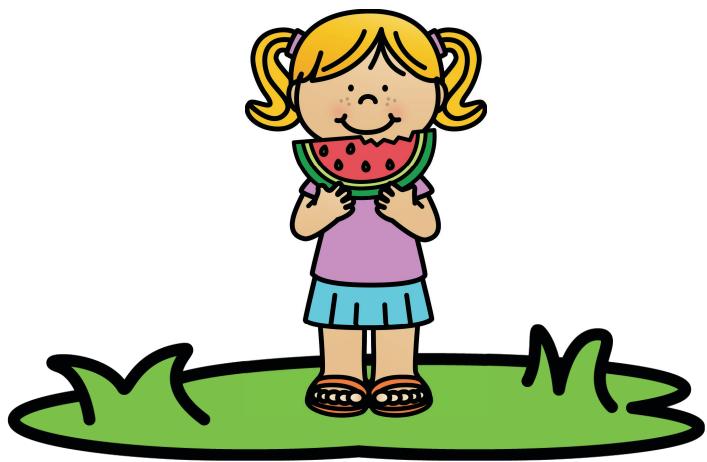
2



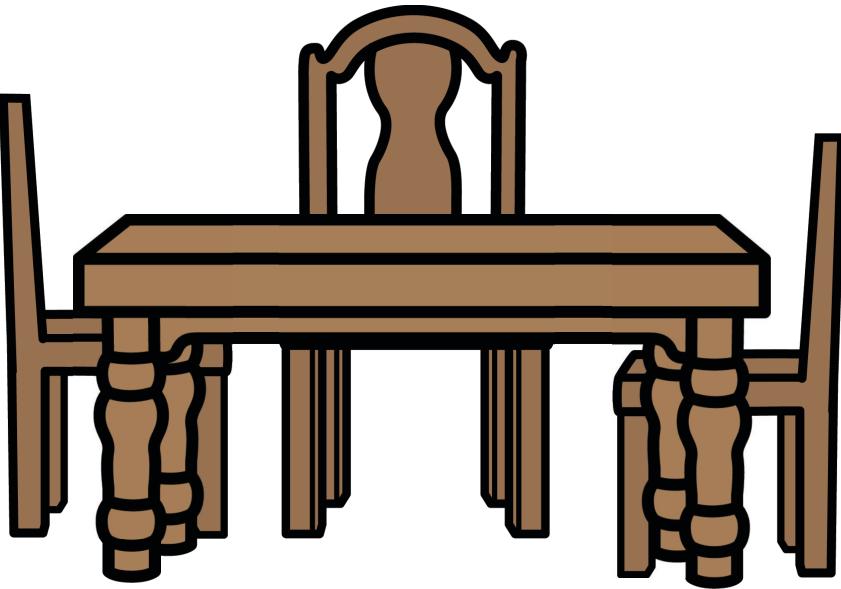
Most people sit at the table for meals like breakfast, lunch and dinner.



3



I might eat a snack in other places. This might be in the living room or outside.



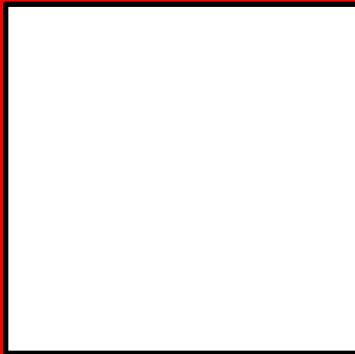
My mom, dad or other family member will tell me when I need to eat at the table and when I can eat somewhere else.



When I'm asked to eat at the table, I can try to stay there. If I need to move my body, I can ask for a break.

FIRST

THEN



If it is hard for me to sit, my family can tell me what I get to do next.  
First sit at table, then \_\_\_\_\_.



Everyone will be so happy when I sit with them at the table for meals!

# FIRST – THEN BOARD

A first-then board provides children with information regarding what is going to be happening. Rather than a longer visual schedule, a first-then board keeps the expectation very simple. It often works very well when a child needs some motivation to do a less preferred activity. "First I do this, then I can do this"

FIRST

THEN

FIRST

THEN



sit at table



tablet time



sit at table



sit at table



sit at table



sit at table



sit at table



cut these out and use for the first-then board



# PICTURES TO USE WITH A FIRST-THEN BOARD



reading time



phone time



tablet time



toy cars



blocks



Legos



TV time



computer time



go for a walk



play-doh



exercise



drawing



ride bike



bubbles



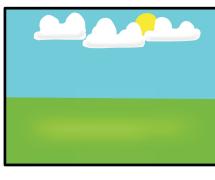
playground



writing



swing



outside



car ride



play



ball



painting



cutting



ALL DONE



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Use



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Credits



Thank you for purchasing this activity from my store! I hope you find these materials as useful as I have in my classroom. Be sure to come back for newly added products!

Thank  
You!

Tara Tuchel, Speech/Language Pathologist