

How to Set Up a PECS + Kanban Cooking Board at Home

A structured, visual method for guiding special needs learners through cooking tasks.

What is PECS?

PECS = Picture Exchange Communication System
Uses picture cards to help learners communicate and follow tasks.

What is Kanban?



A visual routine system with 3 steps:
TO DO → DOING → DONE
Learner moves cards as tasks progress.



PECS card

Kanban Board

What You Need

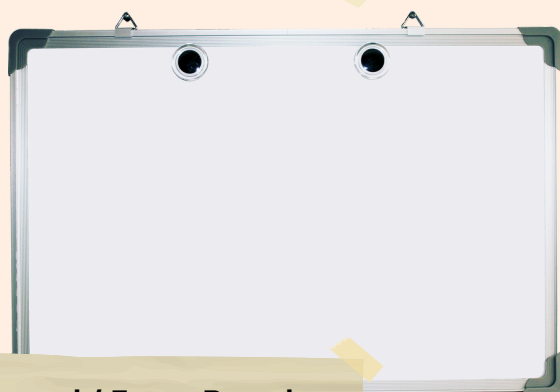
 Item	 Use
Whiteboard / Foam Board	As the base for your Kanban layout (TO DO → DONE)
Velcro Strips / Magnets	To stick and move task cards easily
Printed Column Labels	Label the board sections: TO DO, DOING, DONE
Laminated PECS Cards	Show visuals of tools, food, and actions
Reward Icons	Show final reward (Toy, Snack, iPad, etc.)
Stickers / Stars	Add to tracker as child completes each task



Printed Column Labels



Laminated PECS Cards



Whiteboard / Foam Board



Velcro Strips / Magnets

How to Use the PECS + Kanban Board

● Step 1: Setup

Stick TO DO, DOING, DONE labels on the board
Place all PECS task cards in TO DO



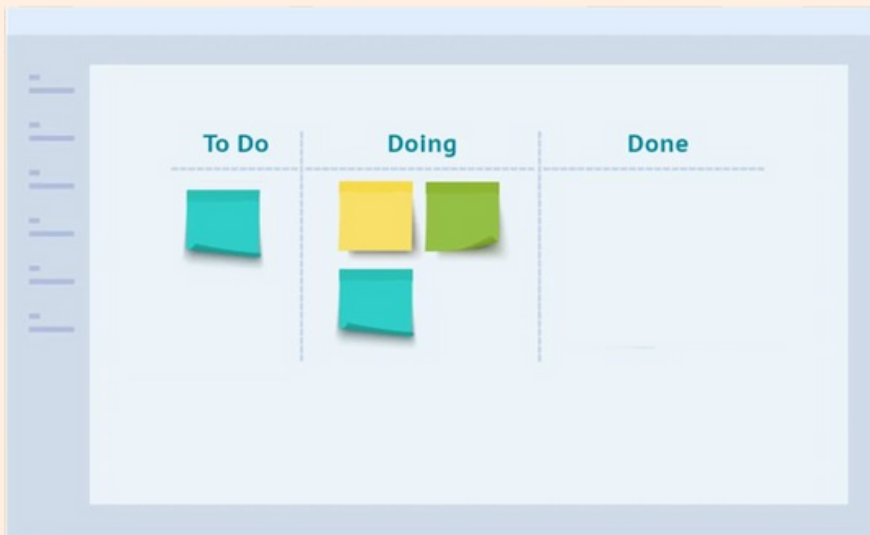
- Label board TO DO / DOING / DONE
- Stick PECS cards in TO DO
- • Stick board on kitchen wall

How to Use the PECS + Kanban Board

● Step 2: Start the Activity

Introduce the routine (e.g. "Let's cook an egg!")

As your child begins a task, move that card to DOING

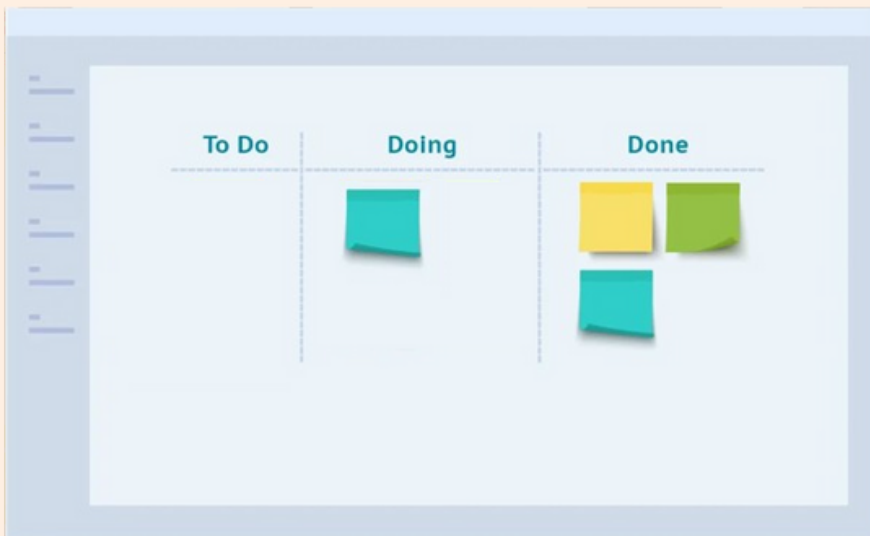


- Show child the task cards
- • Guide them to pick first card
- • Say: "Let's cook scrambled eggs!"

How to Use the PECS + Kanban Board

● Step 3: Track Progress

Once a step is completed, move it to DONE
Add 1 star to Reward Tracker



- Show child the task cards
- • Guide them to pick first card
- • Say: “Let’s cook scrambled eggs!”

● Step 4: Give Reward

After all steps are in DONE, let your child place a reward card
(e.g. “Toy Time”)