

## First/Then Board

Transitions, or moving from one activity to another in your schedule, can be challenging for some students. A first/then board can help.

### What is a First/Then Board?

First/Then Boards are visual supports that break down activities into two at a time. They are part of evidence based practice visual aids used to support students with developmental disabilities. They can be used in a few ways.

### What two ways can you use a First/Then Board?

First/Then Boards can be used to break down a schedule into two steps at a time. They also are used for motivating students to complete a less desired activity.

### What would this look like at church?

Breaking down activities to two at a time is helpful for students who may feel anxious about what is coming next, but need a less complex visual aid than a full schedule. In this case, you would put the activity that you are going to do first in the “First” pocket, and the activity that is next in the “Then” pocket. Then you could show the child and say, “First, we are going to color. Then, we will go to large group.”

Breaking down the schedule into two steps also helps prepare students to switch activities. For example, you could say, “Now we are coloring, In two minutes, it will be time for large group.” This works particularly well when used alongside a visual timer.

Another great use for the First/Then Board is as a motivator. If a student has an activity that they don’t love to do, you can help motivate them to complete it by showing them the preferred activity that they can do afterwards. For example, you could say, “First, we are going to small group, then we will play with the ball.”

### Do First/Then boards always need a board?

No. If you want to make a portable version of activity choices, you can laminate picture cards and put them on a keychain ring. You can then use the pictures with your student by showing them which activity they are doing first and which activity will be doing next as you go through your classroom schedule.

### Where can you find first/then templates with church icons?

Visit [library.wonderfulworksministry.org](http://library.wonderfulworksministry.org).