

How-To Templates

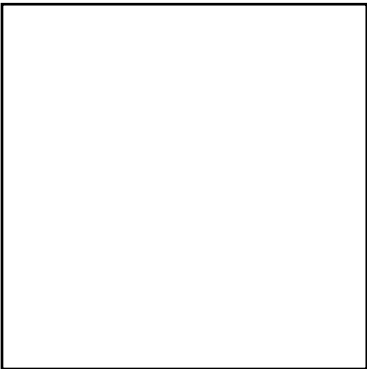
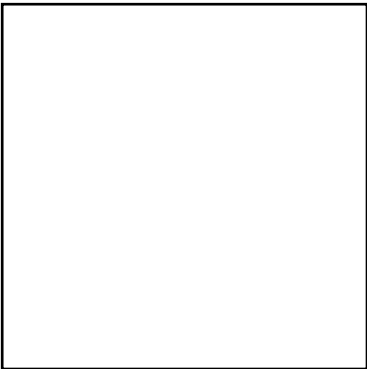
First-Then Board

- ◇ This strategy shows an expectation followed by something preferred (e.g., first work, then video game).
- ◇ Boards show that one activity (usually a less preferred one) must happen before the next (a preferred one) can occur.
- ◇ Try using first-then boards to help individuals through non-preferred tasks (e.g., homework, chores, doctors visits).
- ◇ Rewards must be immediately available.
- ◇ The “Then” box may represent a choice time, break time, a specific activity (e.g, game-boy), 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.
- ◇ Remember, offer rewards *prior* to negative behavior so the individual does not learn to misbehave in order to have a reward offered.

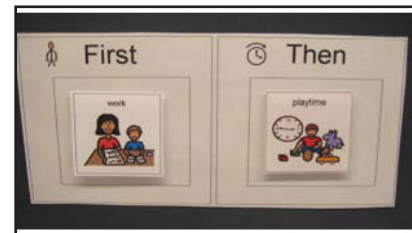
To Make:

1. Take photographs or cut out the images available here to represent the “first”, laminate the pictures if possible.
2. Think about possible rewards. Use photographs, objects, or the attached images to represent the “then”, laminate if possible.
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!*
They may need to be individualized to meet the particular needs
of a person with an ASD!**



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Also, check out...

How-To Video: First-Then Board

How-To Template: Choice Board

How-To Template: Visual Schedules

Kid's Corner Series

Life with ASD Series

Academia Series

View/download these and other templates at www.HANDSinAutism.org/tools/HowToTemplates.html








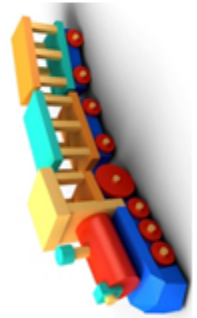
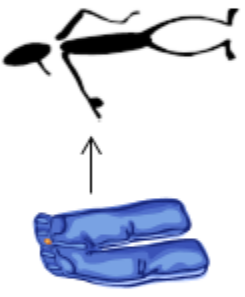





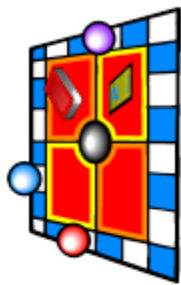

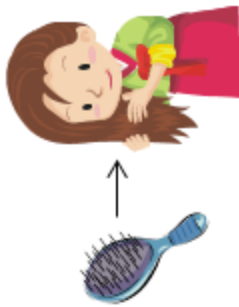





Large Board Template

First

Then

Options

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