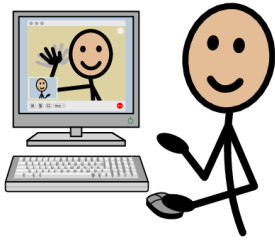


Zoom (Work)



Dance



Journal



Relax



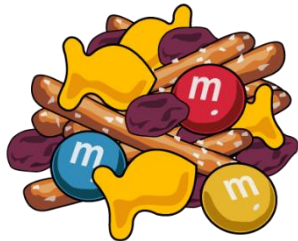
Watch TV



Music



Snack



Read



Family Time



**First**

**Then**

# How~To Templates

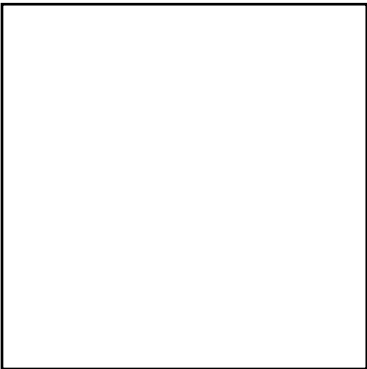
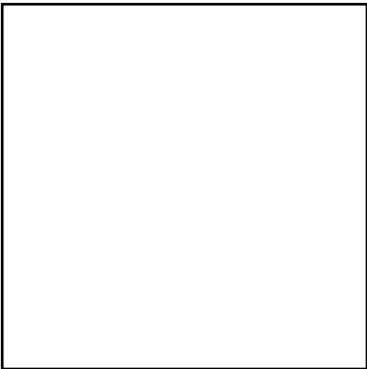
## First-Then Board

- ◇ 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.

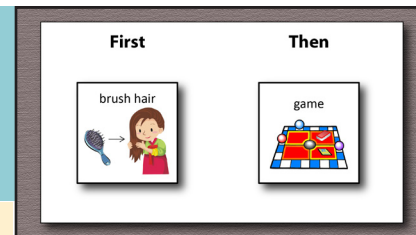
### To Make:

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!**



Christian Sarkine Autism Treatment Center  
IU™ School of Medicine

[www.HANDSinAutism.org](http://www.HANDSinAutism.org)

[hands@iupui.edu](mailto:hands@iupui.edu)

Tel: (317)274-2675

Fesler Hall (IUPUI)

1120 South Dr., Ste. 302

Indianapolis, IN 46202

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](http://www.HANDSinAutism.org/tools/HowToTemplates.html)



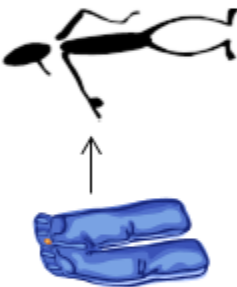

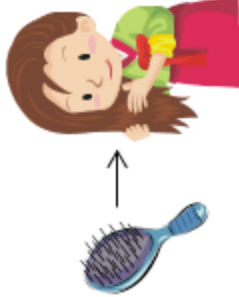






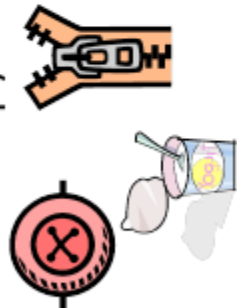

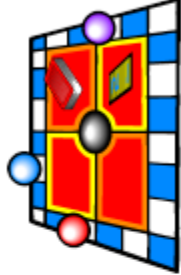


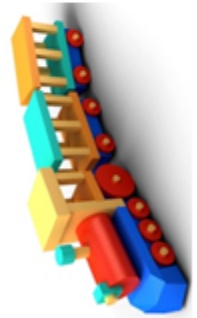




Large Board Template

**First**

**Then**

Options

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