

# FIRST-THEN SCHEDULE BOARD

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For ideas about how to use first-then schedules, see this blog post:  
<http://www.autismclassroomnews.com/2013/05/visual-schedule-series-first-then.html>

First-then boards are some of the simplest types of schedules that we use with students with autism and other disabilities. Simply put, it just presents what we need to do now (first) and what we will do next (then). It can be done with pictures, objects, in writing, or using apps. We typically use them in two different ways depending on the student.

1. Sometimes we use them for behavior support, such as when we think (or know) that an individual doesn't want to do something we want them to do. In that case, we present the thing we want them to do in the "first" and the thing they want to do in the "then." The idea is to show them a preferred activity or a possible reinforcer to motivate them to complete the thing they don't want to do.
2. We use them throughout the day to represent the student's schedule. This works well for students who can't manage a full-day schedule or seeing the whole day laid out. Knowing what is happening now and what will happen next breaks this down for those students to make it more usable.

In the picture below, the first-then board is used to show a student that sitting in his PE class will result in a reward from his token board. The first then board is part of the set of tools his staff use and they keep their tools in a zip up canvas notebook (e.g., Trapper Keeper) so they are readily at hand. The student has a full day schedule on the front of the notebook and the first-then is used when a problem is anticipated.



**Directions for Assembly:** Cut out the board, paste it to a piece of cardboard or print it out on cardstock. Laminate the board and put 1 piece of Velcro under *first* and one under *then*. You can use schedule visuals, photographs, or download the Token System freebie from my store (<http://bit.ly/11H553o>) for some reinforcer visuals for the *then* spot.

For more visual supports for activities across the day, check out the visual schedules for art, music and PE in my store: <http://bit.ly/10EqcBL>

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