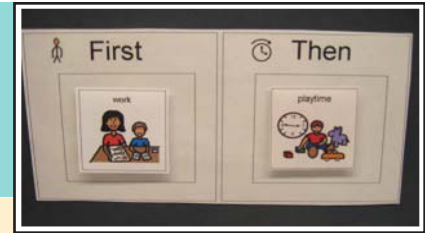


How-To Templates

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.

www.handsinautism.org
hands@iupui.edu
Tel: (317)278-7839

Templates

Small

FIRST	THEN

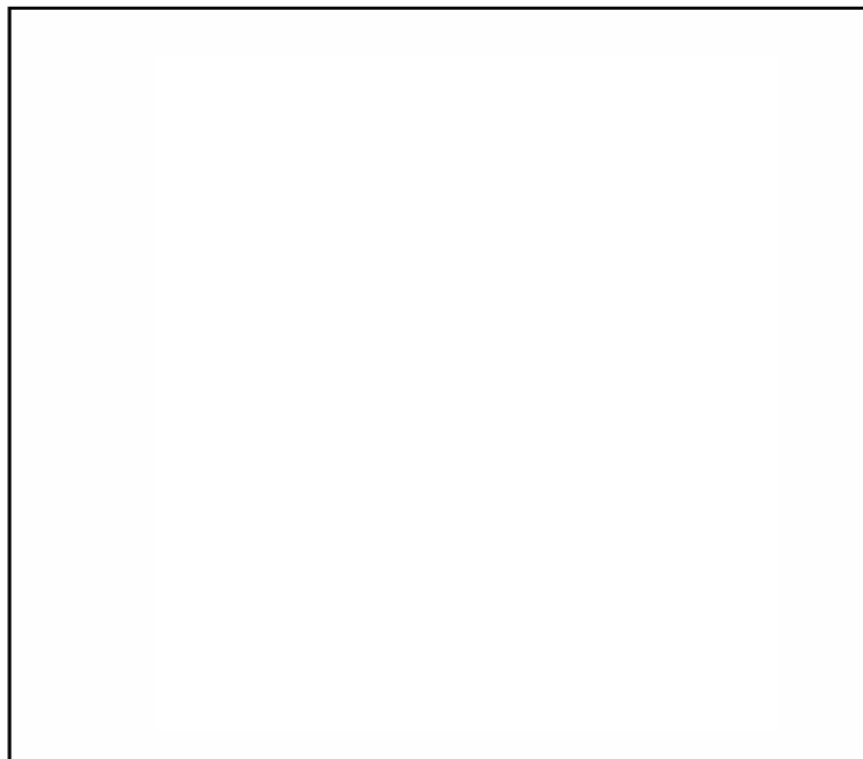

Christian Sarkine
Autism Treatment Center

Christian Sarkine Autism
Treatment Center
Department of Child
and Adolescent Psychiatry
702 Barnhill Dr., Rm. 4300
Indianapolis, IN 46202
For referrals, call 317-274-8162
For research, call 317-274-8162
Other resources: call 317-278-7839
www.iupui.edu/~psycdept/autism/

rileyhospital.org

First-Then Board - Continued

Large




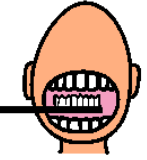















FIRST



THEN

First-Then Board - Continued

<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>breaktime</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> 