

## Using Now and Next Boards

### What are they?

Now/Next boards (also known as “First/Then” boards) are used to help show children what is expected of them. They visually show that one activity (usually a less preferred one) must happen before the next one (usually more preferred) can happen. They are often used with children who struggle with completing activities, those with difficulties with attention and listening skills and those who tend to follow their own agenda rather than engaging in activities adults want them to do.

### How do we do it?

You can take photographs, use symbols or any other pictures to represent the activities you want to use. It is a good idea to laminate the pictures if possible, so that they last longer. You need some pictures of activities you will do as a reward, e.g. bubbles, chocolate bar, swing (whatever activities your child is interested in), and some that you want them to do. This can be anything from having a shower, to completing a puzzle or worksheet.

Use Velcro or blutak to attach the pictures to the board in the right order. When the child has completed the first task they can move on to the second (the reward must come quickly so that the child knows it is directly linked to their good behaviour completing the first activity).

Start with just one activity on each side, and as the child becomes more proficient in using this system and can do tasks for longer, you can add more pictures to the ‘now/next’ side, so that they must complete a couple of activities before they get their reward.

Here are some examples:

