

First, then...

Keep the steps clear, achievable and agreed together.

First	Then

Place an activity card, photograph or drawing in each space.

Say what will happen, and point to the board as you explain.

Check that the pupil understands; offer support or adjust the step.

Then can be the next activity or a choice, rather than a reward.

Food, water, toilet access, help and needed breaks stay available.

First, then...

Keep the steps clear, achievable and agreed together.

First	Then	Finished

Place an activity card, photograph or drawing in each space.

Say what will happen, and point to the board as you explain.

Check that the pupil understands; offer support or adjust the step.

Then can be the next activity or a choice, rather than a reward.

Food, water, toilet access, help and needed breaks stay available.

Example: first and then

COMPLETED EXAMPLE • illustrative only • adapt together for your pupil

First

Write one sentence with an adult. I can ask for help.

Then

Choose an art activity. The adult tells me when it is ready.

First



Writing

Then



Art

Why this works

First is a clear, supported step. Then is an available next activity.
Needed breaks and help stay available throughout.