

## 'Now & Next' Boards

### What is a Now & Next board?

The idea is that you put a picture/symbol or write the task that needs to be done in the 'now' box, and a reward or treat in the 'next' box.

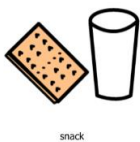
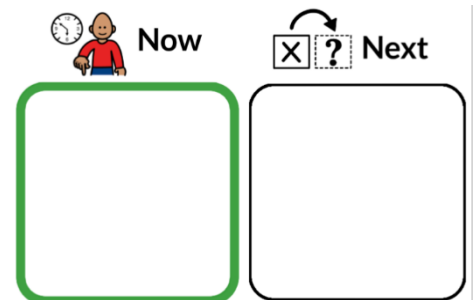
A Now & Next board is a great strategy that can help children who find following instructions tricky or who can show signs of frustration or anxiety throughout the day.

A Now & Next board can help give their day some structure, letting them know what will be happening next. It can also help them to become more motivated to do an activity given to them; by showing them that something they enjoy will be coming next, as long as they do the work first.

### How to set up a board

You will need:

- A **'First & Next' board** which is simply a page with 2 boxes labelled 'First' and 'Next' – laminated if possible.
- A **selection of symbols** that reflect your child's day, including;



- activities they enjoy e.g. Ipad, music, TV

- things you need them to do e.g. work booklet, bath, tidy up



- times of the day e.g. bed, snack time, dinner

You need to cut these out and again laminate them if possible.

You can use Software such as Boardmaker to make these symbols or a simple google search works too (you could even draw/colour your own).

Ideally you would use Velcro to attach the symbols to the chart and store the other symbols in a plastic wallet (but blue tac and a sandwich bag work fine too)

## How is a Now & Next board used?

Show the board to your child and point to each symbol individually.

It is important to use very simple language

e.g.

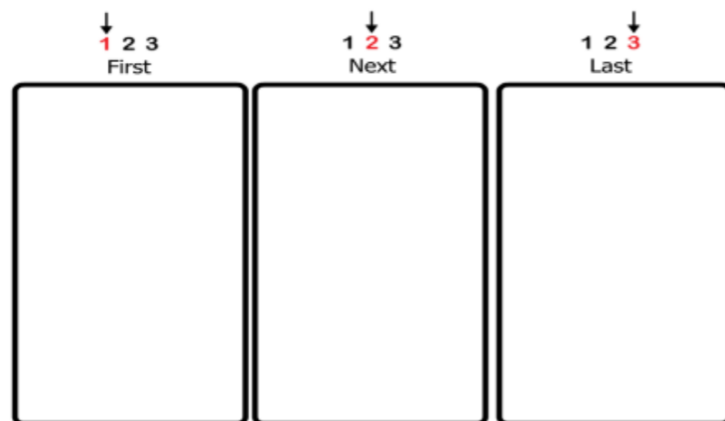
- “Look, now it is breakfast, and then play”

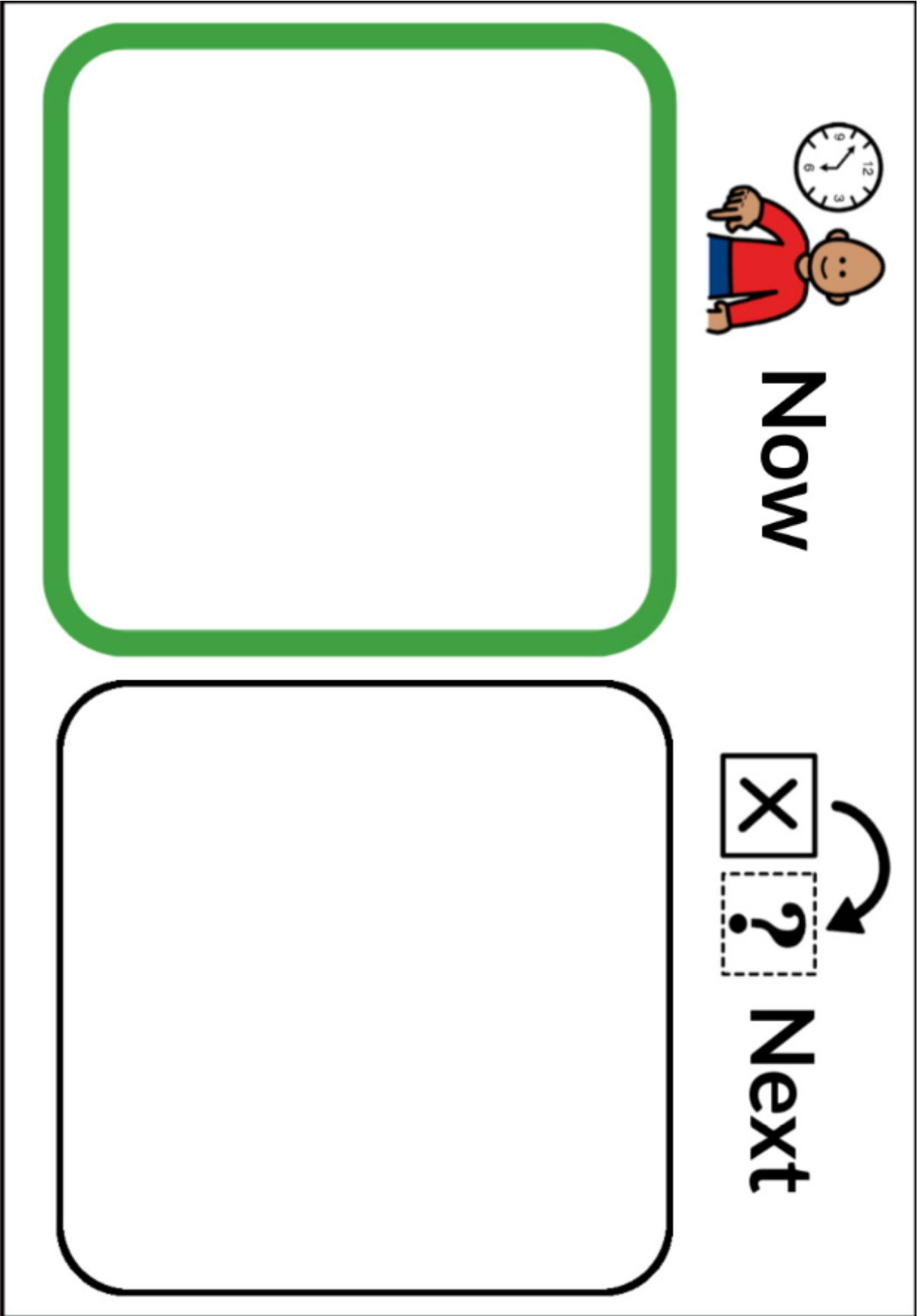
When the first activity has finished you can say

- “Breakfast has finished (take the symbol off the board), next it is play” (point to the play symbol).

## Hint and tips

- If you are using a ‘Now & Next’ board for the first time initially select two motivating activities e.g. “Now snack, next play”. Once you and your child have the idea you can introduce activities that are less motivating in the now e.g. “Now brush your teeth, next Ipad”
- If your child is able to make a choice you could let them choose what reward activity they would like – if you don’t have a symbol for what you need you can simply draw or write of a blank card.
- Try using a timer to let your child know how long they are allowed the reward activity for (and give them warning before the time comes to an end) if ending motivating activities can be a challenge.
- You can extend the board to include 3 boxes – “First, Next and Last”





**Now**



**Next**

Below are some symbols that you might find useful to use at home

