

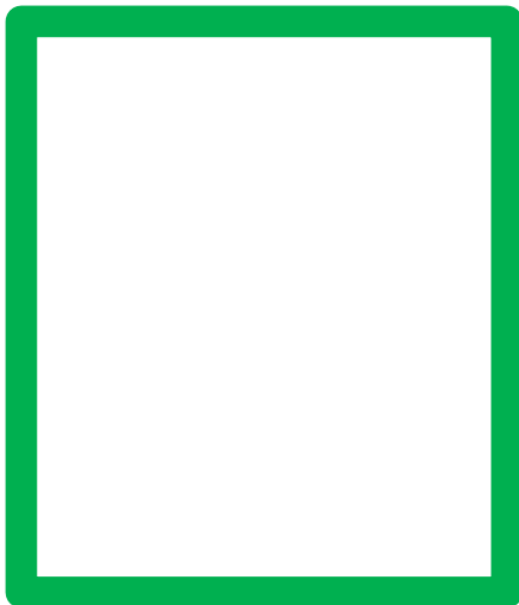
Using a 'Now and Next' Board

A "Now and Next" board supports a child to understand what will be happening and the order that this will happen. It can help alleviate anxiety and support the child to follow an adult's agenda rather than their own. It is a useful strategy for home and school, it can be used to encourage learning activities and/or personal care routines.

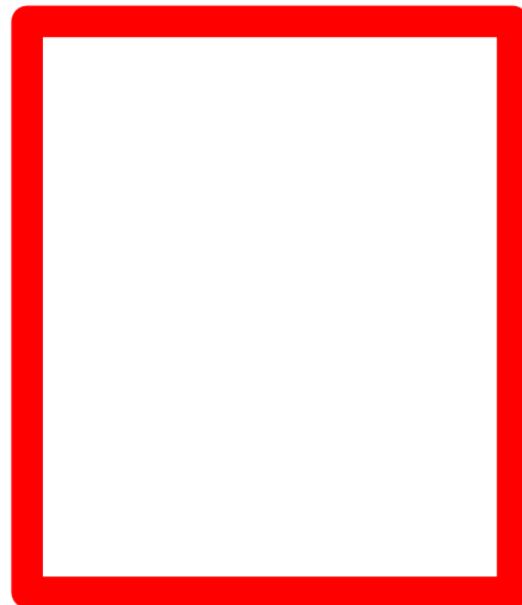
1. **Place two activity photos/symbols/objects on the 'Now and Next' board. To begin with the "Now" activity may need to be short and not too challenging for the child.** *The length of the activity should increase over time, try to keep all activities positive when first using the board to encourage the child to cooperate. The "Next" activity should be something enjoyable as it is a reward for completing the "Now" activity e.g. bubbles*
2. **Encourage your child to come to the 'Now and Next' board (you may initially need to take the board to them) encourage your child to look at the first activity say "Now....."**
3. **Support your child to complete the 'Now' activity.** *It may be helpful to have a green basket/box that you take the activity from. When the activity is finished say and/or sign "finished", put the activity away or into a red basket/box.*
4. **Support your child to return to the 'Now and Next' board and remove the competed activity from the board.** *Initially you may need to remove the activity symbol in view of your child, gradually encourage them to participate in removing this.*

Once the child is familiar with this concept, the activities can increase such as "Now", "Next" and "Then".

<https://www.twinkl.co.uk/resource/t-s-111-now-next-visual-aid>



NOW



NEXT