

First-Then Board Template

Routine & Structure



How to use this board

1. Write or draw the task your child needs to do first in the "FIRST" box (e.g. "brush teeth").
2. Write or draw the reward or preferred activity in the "THEN" box (e.g. "tablet time").
3. Point to each box as you say it out loud: "First brush teeth, then tablet time."
4. Keep language short and consistent. Once the first task is done, move to the then task right away.
5. Tip: laminate the board and use dry-erase marker, or attach small picture cards with removable tape.

FIRST

(task name)

THEN

(reward / next activity)



Extra task cards

Cut out and swap into the boxes above as needed.