Now, Next, Then

A flexible visual routine board

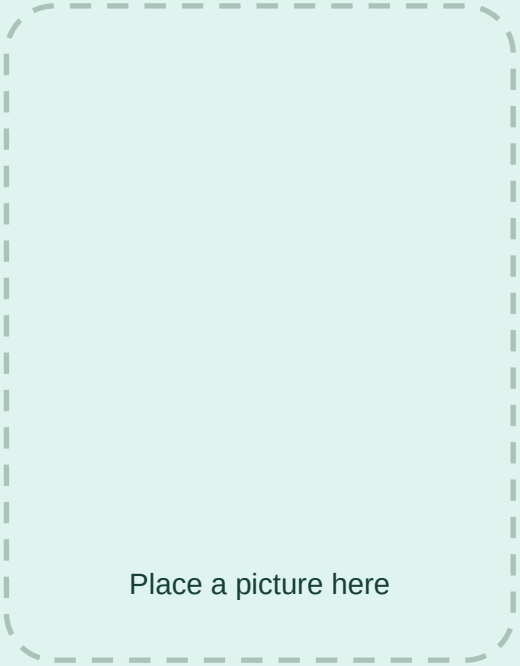
How to use it

1. Print the routine board and the picture cards you need.
2. Cut around the dashed card lines. Laminate or use reusable fasteners if helpful.
3. Place one card in NOW, one in NEXT and one in THEN.
4. Keep language short and predictable. Change the cards when the routine changes.
5. A finished activity can move to the FINISHED card. There is no need to fill every space.

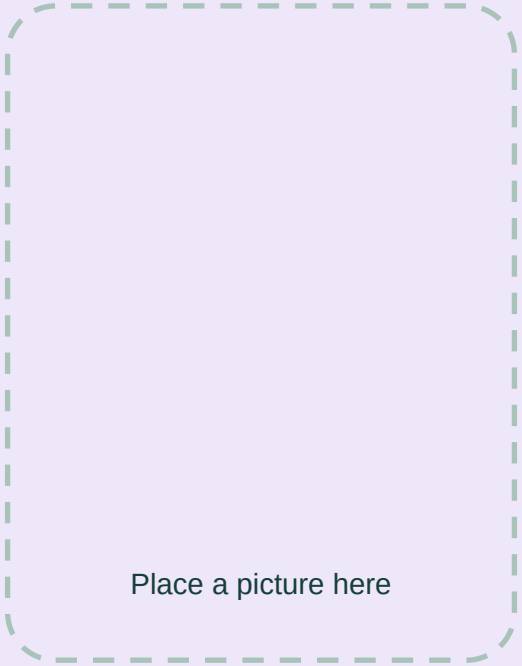
Choice and predictability can reduce uncertainty. Adapt the board to the person, not the other way around.

My routine

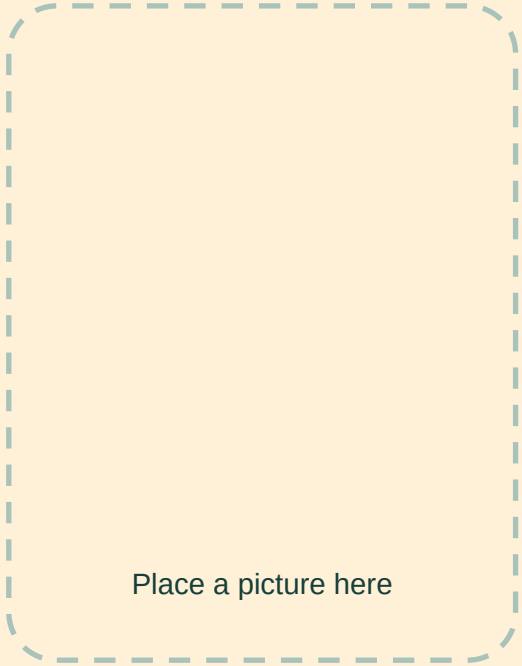
NOW



NEXT



THEN



Routine picture cards

Cut along the dashed lines



Get dressed



Breakfast



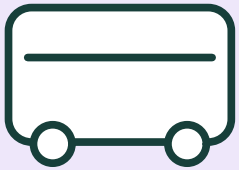
Brush teeth



Shoes on



School



Travel



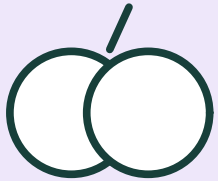
Learning



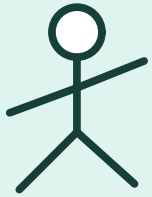
Quiet break

Routine picture cards

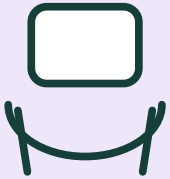
Cut along the dashed lines



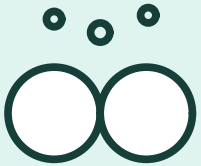
Snack



Movement



Toilet



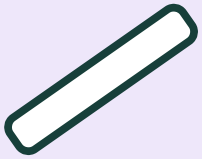
Wash hands



Lunch



Home



Homework



Play

Routine picture cards

Cut along the dashed lines



Screen time



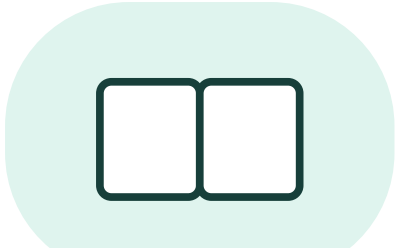
Dinner



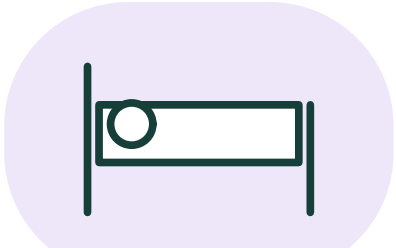
Bath or shower



Pyjamas



Story



Bedtime



Finished



My choice