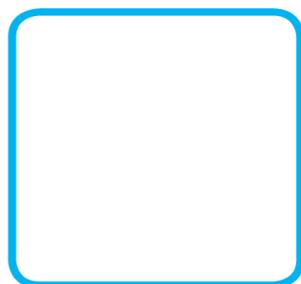
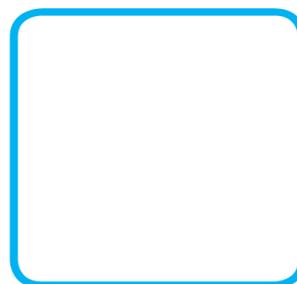


# Using a Now & Next Board



Now



Next

Sometimes it is difficult for children to...

- ❖ Focus their attention on activities that the adult wants them to do.
- ❖ Wait for something (or an activity) that they want.

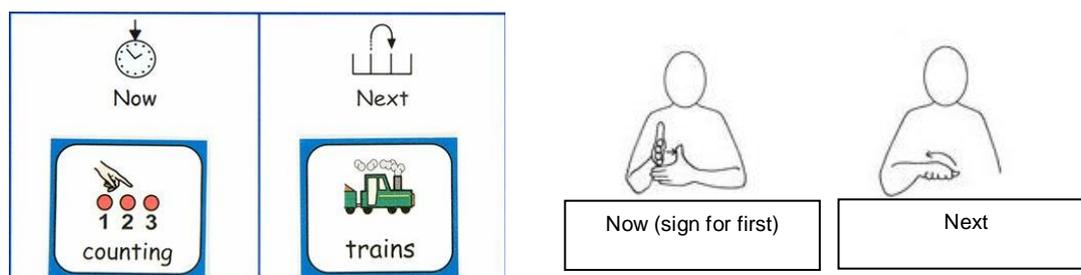
A Now and Next board is a way of providing a visual structure to support a child's understanding of what they are going to do:

**'Now' = a learning activity**

**'Next' = a reward or motivating activity**

## Steps

- Cut out and laminate photos or pictures of activities that take place throughout the child's day, including games and play activities that are used as rewards and motivators.
- Velcro a learning activity onto the 'now' box and Velcro a reward activity onto the 'next' box.
- Explain this to the child using the board and simple language:  
'Ben look: Now counting, Next train'.  
You could use the Makaton signs when saying now/next and then point to the picture.



- Once the learning activity is completed remove this from the now and next board and begin the reward activity.
- Use simple language to explain, e.g. 'Ben look. Counting is finished, now train'.

## Using timers

- When using a now and next board it can sometimes be difficult for the child to:
  - Start an activity that they don't like
  - Finish/stop an activity they love and move on
- In these situations we recommend that you use timers. This will help to reassure the child about how much time they have left (within an activity they don't like) or prepare them for when their favoured activity will finish (within an activity they do like). This could be in the form of:
  - A clock (many mobile phones have visual timers already preinstalled)
  - Sand timers
  - Timer apps on a phone or tablet (see examples of apps below)
  - Clock on the wall



Sand timer

 Timers and tokens	Use the app as a visual timer to show your child how much time they still have to stay at the current activity. Use the app to support your child to earn tokens by clicking on the screen before they are given a reward for completing the activity you had set.	£0.99 iPad
 Visual Timer-Countdown	Use the app as a visual timer to show your child how much time they still have to stay at a particular activity.	Free Android

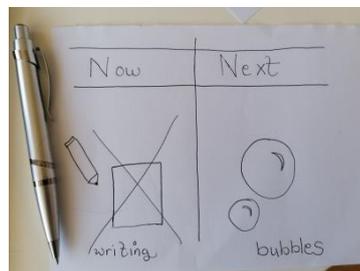
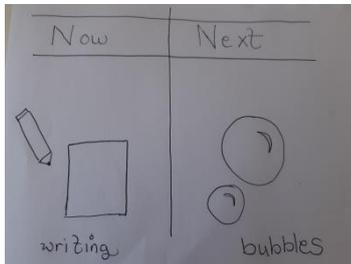
Timer apps

- Always remind the child about how much time they have left. This is to prepare them for the activity ending e.g. present timer, 'look – 1 more minute left' You could also count down the last 5 seconds e.g. '5-4-3-2-1 it's finished – What's next?'
- You should think carefully about how long each activity should last. When introducing this tool you may expect the child to complete a new learning activity for a short length of time (e.g. 1-2 minutes) You can then slowly increase the duration of the activity over time.

## When visuals go missing?

There may be situations when you don't have access to symbols/photos for your now and next board. For example: items may go missing or you are introducing a new activity. You can:

- Draw and cross out the steps instead on a white board or piece of paper and use this tool in the same way



- Use photos on a tablet, phone or camera. This is helpful if the child does not understand symbols or writing. You could flick between the now activity and next activity and show to the child.

Shopping

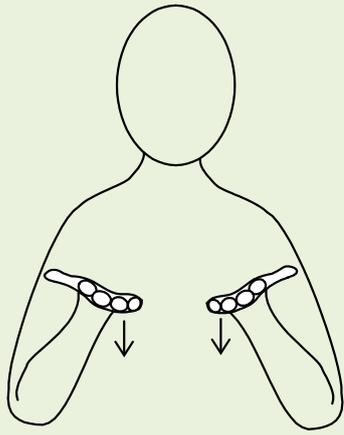


Park

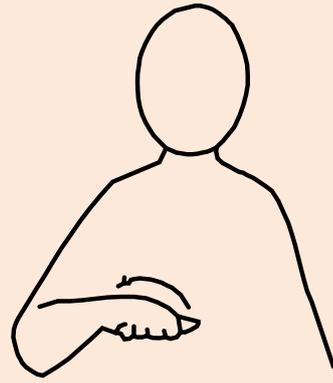


There are also apps that exist that can support you to upload photos in a now/next board format so that they can be seen side by side. We recommend that you read around before buying an app to ensure it meets your needs and try ones with free trials first. See examples of apps below:

	<p>A simple app that uses a board with photos to show that one activity must happen before the next. This will support your child to complete an activity knowing what is coming next (preferably a reward or preferred activity).</p>	<p>£1.99 iPad</p>
	<p>Create a simple board to show that one activity must happen before then next.</p>	<p>Free Android</p>
	<p>Create your own visual schedules and first-then boards using available pictures or your own.</p>	<p>Free iPad</p>



**Now**



**Next**