First – then board and visual schedule

Draw, glue a photo or write a word in each box. Use your child's own words.

Child _____

First

Then

Today

1 done ☐

2 done ☐

3 done ☐

4 done ☐

5 done ☐

6 done ☐

Cut out, or draw your own


eat


bath


brush teeth


sleep


play


outside


car


school

Show the board before the first step starts. When a step is done, cross it out or take the picture off.