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First-Then Boards

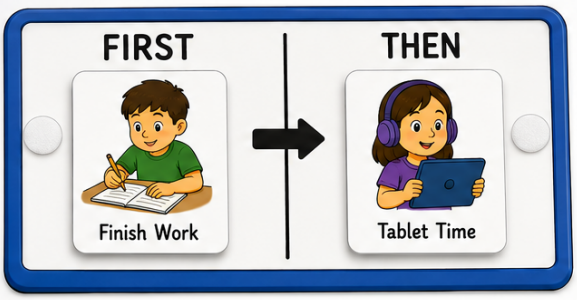
Helping Students Focus on One Step at a Time

A **First-Then Board** is a simple visual support tool that helps students understand expectations by breaking activities into two manageable steps:

FIRST – What needs to happen now.

THEN – What happens next.

Instead of processing an entire schedule, students focus on one task and its immediate outcome. This approach helps **reduce anxiety**, **improve task completion**, and **support successful transitions**.



Why It Works

- ✔ Keeps instructions short and clear
- ✔ Reduces overwhelm
- ✔ Builds independence
- ✔ Increases motivation
- ✔ Supports smooth transitions

Great For:

- Classroom Routines
- Small Groups
- Individual Support
- Home Use

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Why Teachers Use First-Then Boards

Helping Students Focus on One Step at a Time

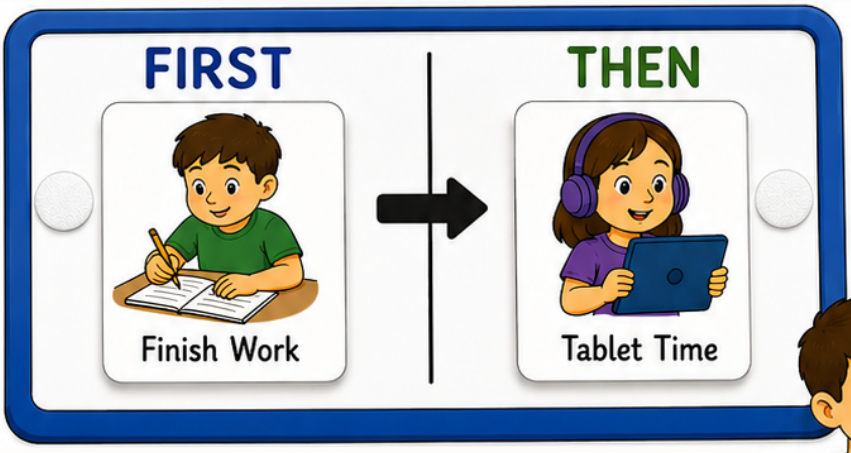


Teachers commonly hear questions like...

- "When can I play?"
- "How much longer?"
- "What's next?"

For many students, verbal directions alone can be difficult to process. A **First-Then Board** provides a visual reminder that remains available throughout the activity.

Instead of repeating directions multiple times, students can **independently reference** the board and stay focused on the current expectation.





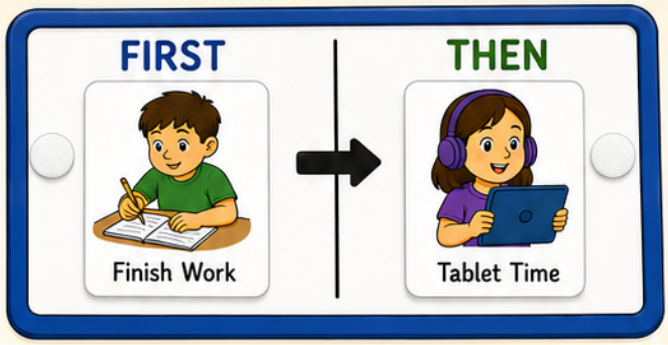
First-Then Boards Help Teachers:

- Improve student focus
- Increase task completion
- Reduce anxiety and frustration
- Support smooth transitions
- Build independence and confidence

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Who Benefits From First-Then Boards?

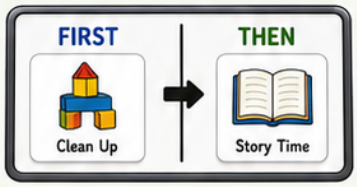


First-Then Boards help students understand what comes next, reduce anxiety, and build confidence by focusing on one step at a time.



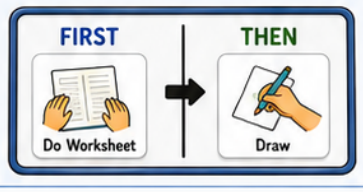
Early Learning Programs – Supports routines and classroom expectations.





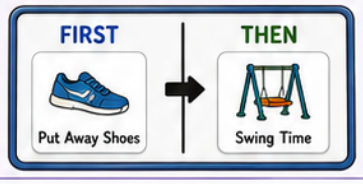
Special Education Classrooms – Encourages independence and communication.





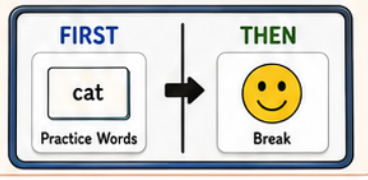
Autism Support Programs – Provides predictable visual structure.





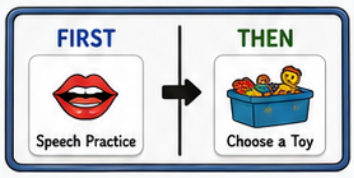
Intervention Programs – Helps students focus on one expectation at a time.





Speech & Occupational Therapy – Creates clear activity sequences and transitions.





One simple board. Many meaningful benefits.

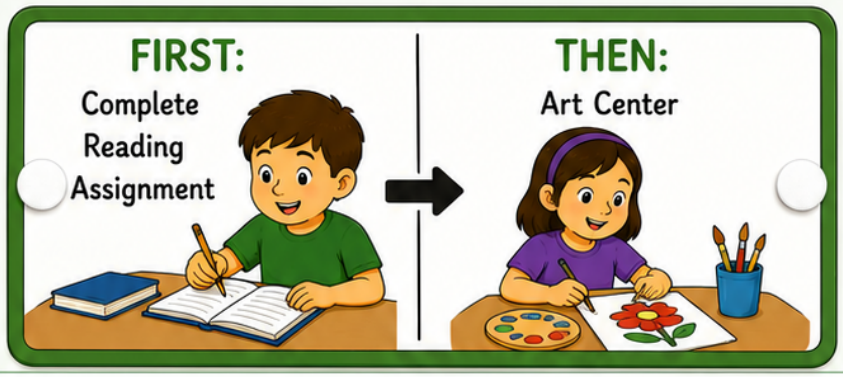
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Different Ways To Use Them

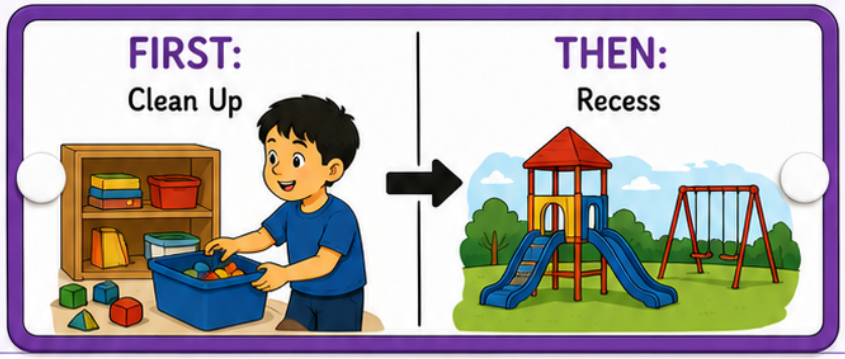
Classroom Tasks

Supports daily learning and independent work habits.



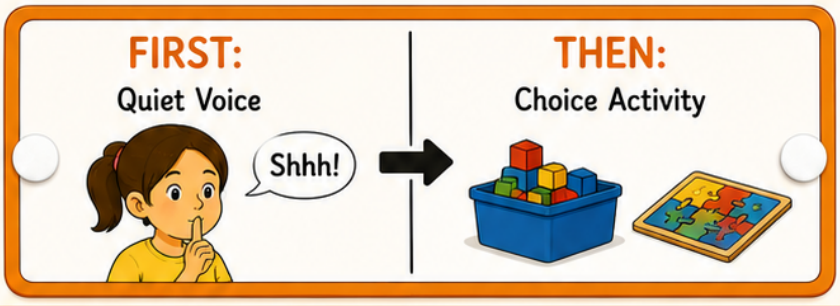
Transition Support

Makes changes between activities easier and less stressful.



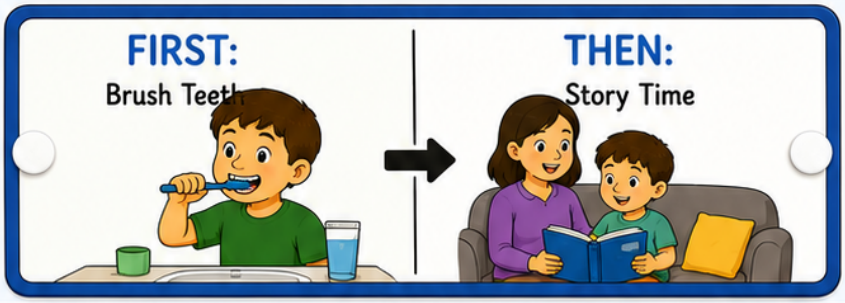
Behavior Support

Reinforces positive behavior and builds self-regulation skills.



Home Use

Brings structure and predictability to everyday routines.



Simple steps. Clear expectations. Better outcomes.

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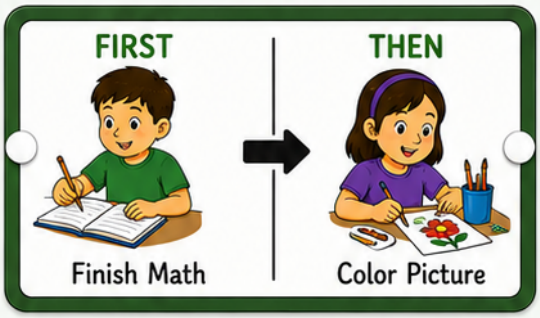
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How To Build A First-Then Board

Option 1: Laminated Board

Materials:

- Cardstock
- Laminating Pouches
- Laminator
- Hook & Loop Fasteners

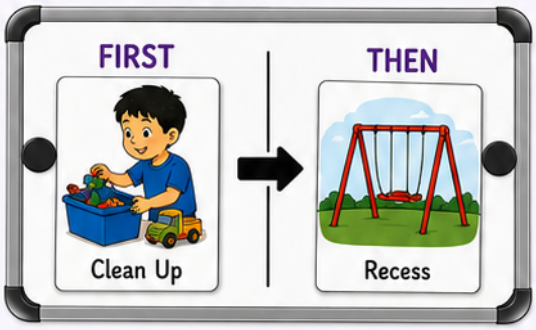




Option 2: Magnetic Board

Materials:

- Dry-Erase Board
- Magnetic Tape
- Printed Activity Cards

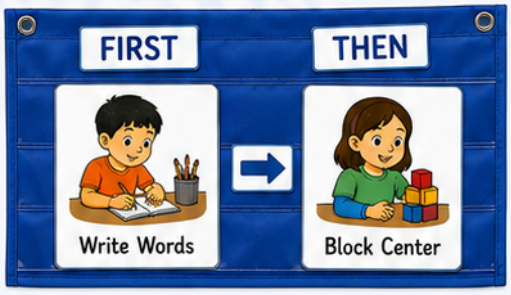




Option 3: Pocket Chart System

Materials:

- Pocket Chart
- Schedule Cards
- Labels





Teacher Tip:
Start simple and use highly motivating "Then" activities.

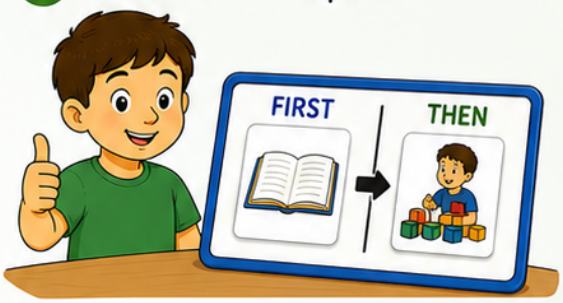
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Benefits & Next Steps

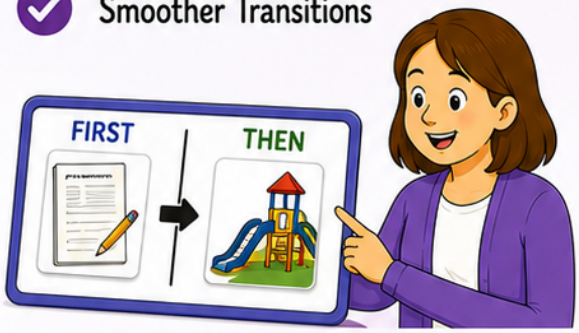
Benefits for Students

- Reduced Anxiety
- Improved Focus
- Greater Independence
- Better Task Completion



Benefits for Teachers

- Fewer Repeated Directions
- More Instructional Time
- Improved Classroom Management
- Smoother Transitions



Ready To Build Your First-Then Board System?

AAA Workspace helps schools create visual support systems using classroom supplies, laminating products, organizational tools, and educational resources.



AAA WORKSPACE
Better Space. Better Work.

800.821.4430

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