Now and Next Board (sometimes referred to as ‘First and Then’)

What is a ‘Now and Next’ board?
The board has the words ‘Now’ on the left-hand side and ‘Next’ on the right-hand side with a space underneath to add a symbol or photograph. It could be described as a miniature version of a visual timetable and helps a child to move on from one activity to another.

What does it look like?

Who might benefit from a ‘Now and Next’ board?
- A child who has difficulty finishing one activity and starting another.
- A child who is reluctant to participate in a particular activity, for example messy play (in this case the second item on the board would be something which you know the child really enjoys)
- A child with limited attention skills.

How does it work?
- Place a symbol on each side of the board. It’s a good idea to place an activity that really motivates the child on the ‘Next’ side of the board. This acts as a ‘reward’, something for the child to aim for.
- Show the child the board, point to each symbol individually and support the child by saying “glue now….cars next”. Reduce language by using key words only.
- When the child has engaged with the gluing activity for some time the adult should inform the child by saying “gluing finished… now cars” whilst pointing to the next symbol.
- Encourage the child to move on by supporting them to “post” the now symbol into a box or turning it over before moving onto the next activity.

Examples of Now & Next Boards