**First – Then**

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| **First-Then**  |
| **Stage 1:****Make the Strip** | * Find/make pictures of important activities: (Food, Places, Tasks, Drinks, Toys, Books, Clothing, DVDs, People, Sensory Items, etc)
* Create a board that can place two of these on side by side: (A piece of card about A4 size)
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| **Stage 2:****Try it with your Relative** | * Show the board to your relative
* Place the first activity picture on the board and communicate ‘first’ using speech, sign or gesture
* Give your relative time and check they have understood
* Place the second activity picture on the board and communicate ‘then’ using speech, sign or gesture
* Give your relative time and check they have understood
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| **Stage 3:****Continued use** | * Show your relative the First-Then board again after the first activity has happened
* Take off the first activity picture
* Move the second activity picture to where this was and communicate this activity is now going to happen using speech, sign or gesture
* You can also place a new activity into the ‘then’ spot
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