First → Then Cards

Everyday Tasks

Show the non-preferred first, then the preferred. Cut out and use one at a time.

FIRST	THEN
Brush Teeth →	Favorite Song

FIRST	THEN
Put on Shoes →	Go Outside

FIRST	THEN
Tidy Toys →	Play Time

FIRST	THEN
Wash Hands →	Eat Snack

FIRST	THEN
Homework →	Screen Time

FIRST	THEN
Get Dressed →	Breakfast

Tip: Point to FIRST, then to THEN. Keep language short.

First → Then Cards

Help with moving from one activity to the next.

FIRST	THEN
Finish Activity →	Next Choice

FIRST	THEN
Leave the Park →	Car Ride Music

FIRST	THEN
Bath Time →	Pajamas + Story

FIRST	THEN
Turn Off Screen →	Quiet Play

FIRST	THEN
Put Coat On →	Go to Car

FIRST	THEN
Wait Quietly →	Your Turn

Use the same card consistently for the same transition.

First → Then Cards

Support when motivation is low or demands feel hard.

FIRST	THEN
Try One Bite	Favorite Food
Calm Body	Preferred Item
Use Words	Help Comes
Stay Sitting	Movement Break
Quiet Voice	Talk Time
All Done Work	Free Choice

Stay calm. Show the card. Wait. Follow through every time.

Blank First → Then

Write your own pairs. Laminate for daily reuse.

FIRST	THEN

FIRST	THEN

FIRST	THEN

FIRST	THEN

How to Use First-Then Cards

1. Show the card before the non-preferred activity starts.
2. Point to “FIRST” and say the task in a calm, clear voice.
3. Point to “THEN” and name the preferred item or activity.
4. After the first part is done, immediately give the “THEN”.
5. Keep the reward realistic and available right away.
6. Use the same wording and card for consistency.