VISUAL SUPPORTS AND DAILY ROUTINES

First Then Activity Cards

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A first-then board and activity cards to show a short sequence: first this, then that.

These are simple, original My SEND Friend drawings and empty boxes you can fill. They are not PECS, Widgit, Boardmaker or any other licensed symbol system. Use the person's own words, photos, or drawings if those work better. A visual is a support, not a test — stop or change it if it adds pressure.

Who this is for

Families and settings who want a two-step visual for everyday activities, not a reward-and-demand system.

What is inside

- How first-then can help — and when to be careful
- Printable boards
- Activity cards

Please read this first

This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. It does not guarantee an assessment, plan, adjustment, payment or any other outcome. Check current official guidance (for example GOV.UK) and get individual advice from SENDIASS, IPSEA or a suitably qualified adviser when you need it.

First, then — used kindly

First-then can make a short sequence clear: first coats on, then outside. Be careful not to turn it into “first work, then you are allowed a need”. If the second step is a need (food, the toilet, a break), it should not be held back. Change the wording if “first-then” feels like a bargain the person cannot win.

First and then board

Use this board for a short, fair sequence. Write or place a card in each box.

How to try it
Show both boxes together. When First is finished, move on to Then. If plans change, change the cards together.

FIRST	THEN
Place a card or write here	Place a card or write here

These visuals use simple original drawings from My SEND Friend. They are not from a licensed symbol library.

A second first-then board

A spare copy, for a different room or a different activity.

FIRST	THEN
Place a card or write here	Place a card or write here

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Activity cards

Cut these out. Add your own activities on the blank cards, in the person's words.



Get ready



Learning



Eat



Play



Quiet time



Outside



Finished



Waiting



Help



Break



Toilet



School

My own

My own

My own

My own

Useful next steps and sources

Use what helped in this pack and leave the rest. You can come back to it when you need to. Live tools on mysendfriend.co.uk remain free, including Help Me Now, the SEND Letter Builder, the Reasonable Adjustments Builder, the DLA and PIP Claim Planners, and the free resources hub. Saving work to My SEND Plan is optional.

Where to check official or independent information

Guidance and benefit rules can change. Check the current official position, and get individual advice when you need it.

- mysendfriend.co.uk visual supports and family tools
- Adapt every chart to words and pictures the person already knows
- This is not a behavioural programme and it is not a licensed symbol set

A reminder about this free pack

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