VISUAL SUPPORTS AND DAILY ROUTINES

Now and Next Visual Board

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A now-and-next board and matching cards, to show what is happening and what comes after.

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

Anyone who finds it easier to manage one or two steps at a time, at home or in a setting.

What is inside

- How to use now and next
- Printable boards
- Cards to cut out
- A two-step practice page

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.

One step, then the next

Now and next is useful when a long list is overwhelming. Show what is happening now, and the one thing that follows. When “now” is finished, move “next” into the now space and add a new next. This is a support, not a way to force a task.

Now and next board

Print this page and use cards, drawings, or words in each box. Laminate it if you will use it often, or slip it into a plastic wallet.

How to try it
Point to Now first. When it is finished, you can tick it, cover it, or move the Next card across.

NOW	NEXT
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 larger now and next board

A second copy, with more writing space, for a table or the fridge.

NOW	NEXT
Place a card or write here	Place a card or write here

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Cards for the board

Cut these out and add your own. Keep a small set that you actually use, rather than all of them at once.



Home



School



Learning



Snack or meal



Play



Quiet



Help



Break



Toilet



Outside



Finished



Wait

My own

My own

My own

My own

Practice: two steps for this moment

Today I will try now and next for

What went well, and what I will change

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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