VISUAL SUPPORTS AND DAILY ROUTINES

Printable Token Board

Free download · My SEND Friend Shop

A simple token board you can print, cut and use to show progress towards a finished activity or an agreed next step.

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. Tokens should not be used to withhold food, care, or a break. Stop if the board becomes a source of distress.

Who this is for

Families and settings who already find a token board helpful, or who want a calm, low-pressure version to try.

What is inside

- How to use a token board kindly
- Boards with different numbers of spaces
- Tokens to cut out
- A planner

Please read this first

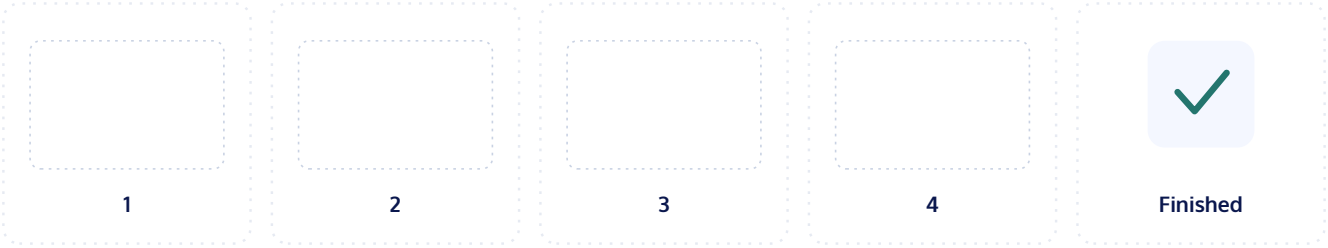
This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. It does not guarantee an assessment, plan, adjustment, payment or any other outcome. Check current official guidance (for example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

Keep the board honest and kind

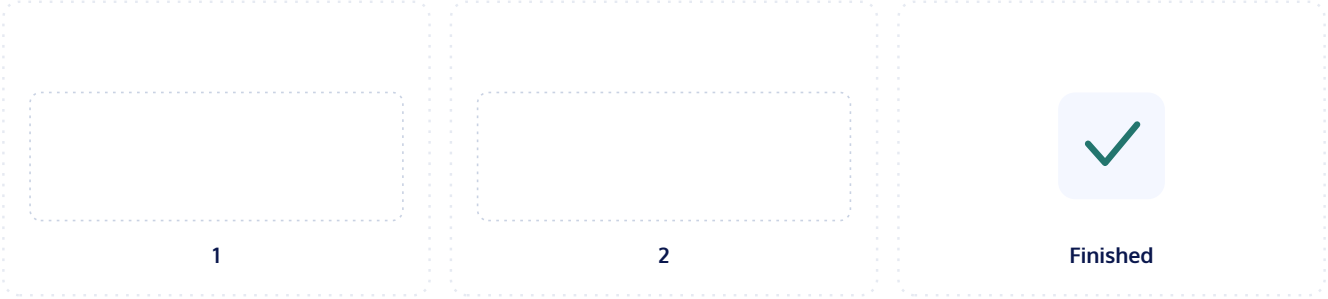
A token board can make a longer activity feel visible: five tokens, then the activity is finished, or then it is time for the agreed next thing. Decide together what earns a token, and give tokens in a way the person can see. Do not remove tokens as a punishment if you can avoid it — that often turns the board into a threat.

A five-space token board

Place a token on each space as you go. The last space can be “finished” or the agreed next step.



A three-space board, for a shorter activity



Tokens to cut out

Colour these, or put a sticker on them. Keep a small envelope or pot for tokens that are not yet on the board.

Token	Token	Token	Token	Token
Token	Token	Token	Token	Token

Our token board plan

What this board is for, and what a token means

What happens when the board is complete, and how we will start again

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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