

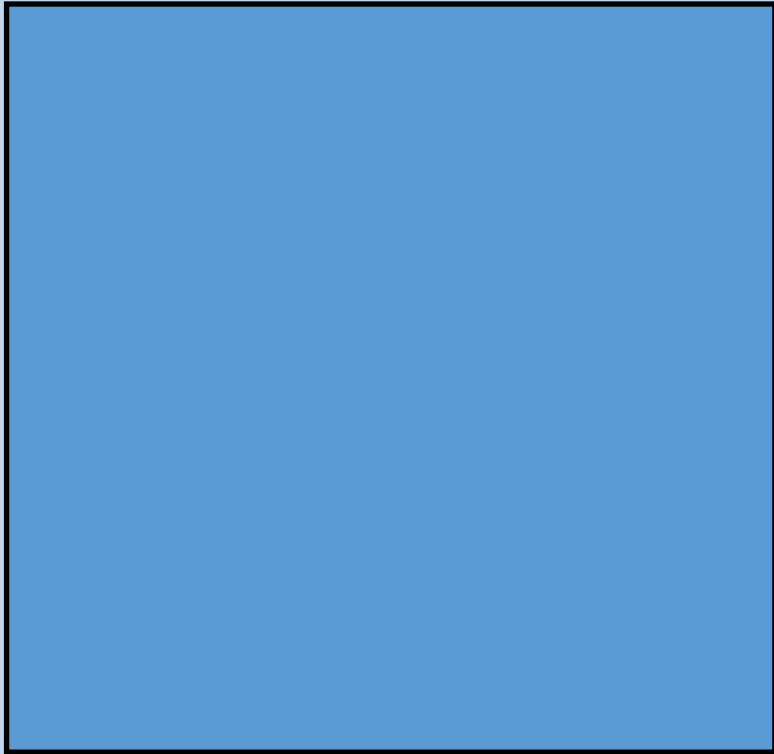
# Now and Next Boards

A now and next board can help both children and parents to have a structure to their day. These can be used instead of the visual timetables to break the day into smaller chunks and to show children what they are doing now and what is coming next. This can help to lower anxiety in children who get anxious when they are out of routine.

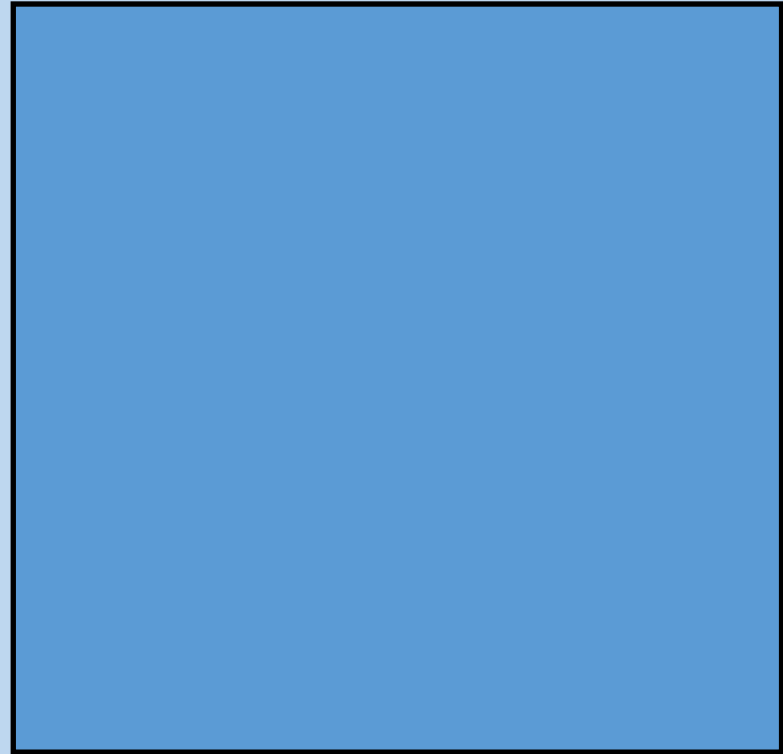
It is a good idea to involve your child/ren in planning their day, agree the activities and how long each activity may last.

Once an activity has been carried out, you remove it from the timetable and place it back in the envelope.

We have also included some blank cards in case you wanted to add some of your own activities.



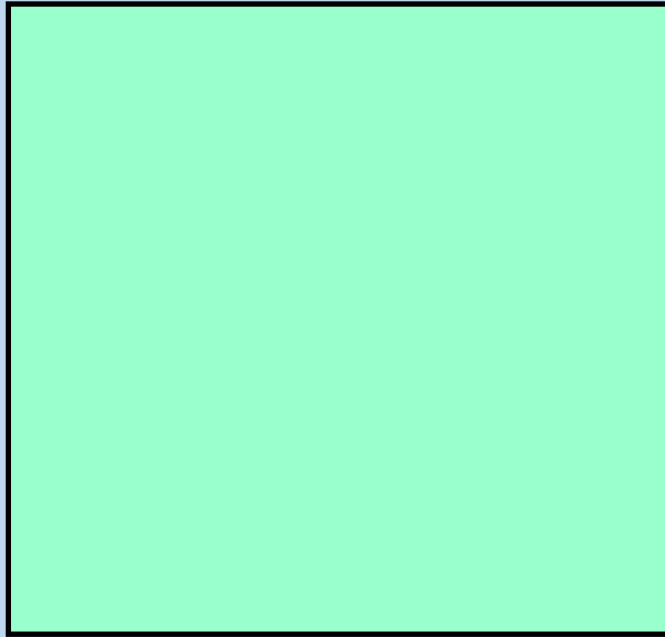
Now



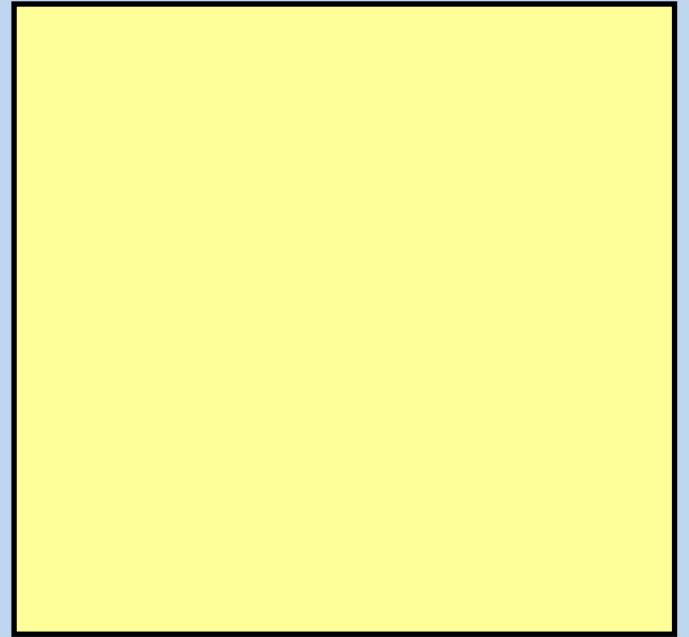
Next



Now



Next



After



breakfast



brush teeth



wash



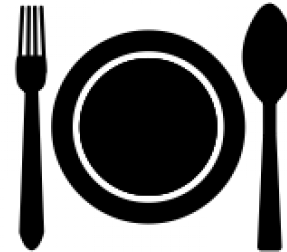
computer



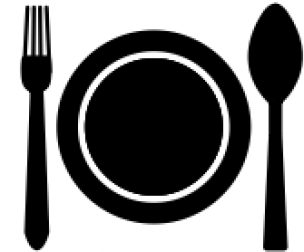
television



film



meal time



meal time



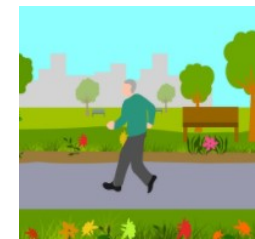
get dressed



homework



art/craft activity



walk



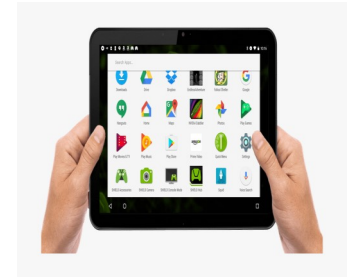
trip out



shopping



school



tablet



feed pets



shoes on



coat on



bedtime story



snack time



car journey



park



play in garden



shower



bath



story time



reading



swimming



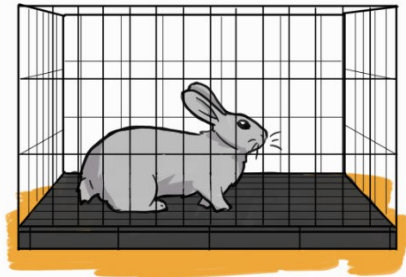
play with toys



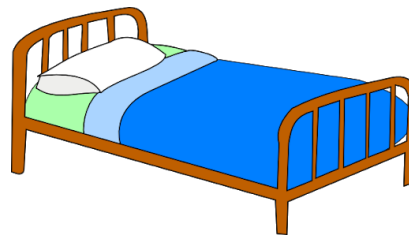
club



walk the dog



clean out pets



bedtime



board games



tidy up



surprise



get ready for bed



brush hair



visitors



chores



tidy bedroom



visiting family/friends