

Now and Next Boards

What is a 'Now and Next' board?

A 'Now and Next' board is a tool that helps children to understand what tasks they are going to do and when. They break down instructions and daily routines into clear steps for children to understand. Breaking down tasks in this way can help reduce anxiety around change and uncertainty. The boards have two parts: 'Now' on the left and 'Next' on the right. An image of the current activity is played under the 'Now' title, and an image of the upcoming activity is placed under the 'Next' title. Sometimes a 'Now and Next' board can be referred to as a Timeline, Schedule or Task Management Board.

Who might benefit from a 'Now and Next' board?

- A child who struggles to understand spoken questions, e.g. 'What comes next?'
- A child who finds it challenging to finishing one activity and starting another
- A child who has difficulty coping with small changes and transitions
- A child who has limited attention skills

How do you use the board?

- Show the 'Now and Next' board to your child, point to the symbol/photograph, and say the key words, e.g. "now clean teeth . . . next iPad" to guide them
- When your child is engaged with the activity/task, say, "clean teeth finished . . . now iPad" whilst pointing to the next symbol/photograph.
- Encourage your child to transition between activities by helping them to take the 'Now' symbol off the board or turning it over before moving onto the 'Next' symbol/photograph.

Top tips:

- When introducing a 'Now and Next' board, start with activities that your child finds motivating and enjoys for both the 'Now' and 'Next' sections. This will ensure that they are engaged and feels initially in control. As your child becomes more familiar with the board, you can gradually introduce a less motivating task in the 'Now' section. However, always keep a highly motivating activity in the 'Next section'.
- To begin with, keep the activities short to maintain the child's interest.
- Consistently using a 'Now and Next' board is key to making the strategy effective.

If you would like further support/advice, please contact your child's class teacher or the school SENDCO.

Now



Next





breakfast



lunch



dinner



dry



wash body



bedtime



wash hands



dry hair



toilet



wash hair



wash face



get dressed



brush hair



toothpaste
on brush



brush teeth



dry hands



undress



make bed



bath



shower



book bag



shorts



hat



scarf



gloves



hijab



dress



vest



socks



get changed



pants



cardigan



jumper



trousers



tights



coat



pyjamas



shoes



top



skirt



lunch box



medicine



cream



tidy up



nappy



treat



surprise



TV



device



story



drawing



cutting



playaoughn



car



shops



park



swimming



game



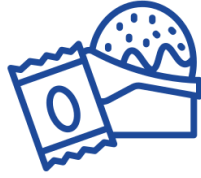
job



quiet time



school



snack



drink



friend's house



party



Dad's house



Mum's house



reading



place of
worship



café



restaurant



play time



dentist



doctors



prayer



cinema



bowling



opticians



scooter



toys

