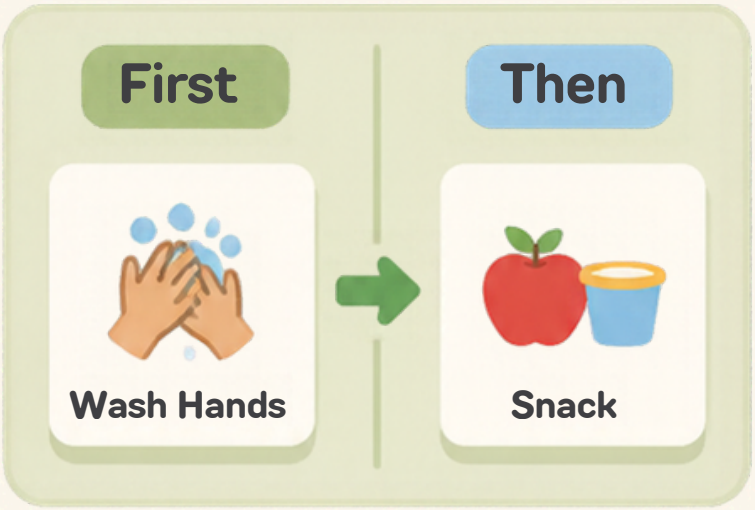
NurseriesAndSchools.org
• Explore • Empower • Decide

First, Then, Next!

Visual Routine and Transition Pack

Visual routine and transition supports for ages 2-5













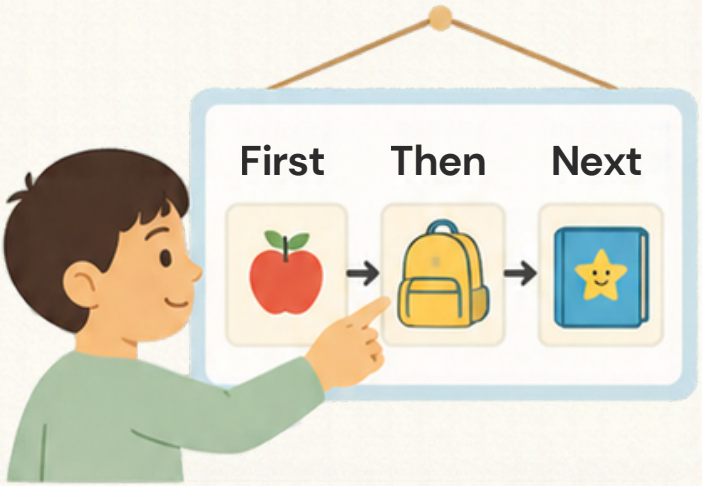
NurseriesAndSchools.org
• Explore • Empower • Decide

First, Then, Next!

Visual Routine and Transition Pack

Welcome

This pack is designed to help children understand routines, anticipate transitions, communicate choices and participate in familiar activities.



What this pack supports

- Understanding what will happen first, then and next.
- Anticipating and managing changes between activities.
- Communicating choices and letting others know needs.
- Building independence and confidence.
- Participating in familiar routines and activities.



Ways children can communicate

Children can communicate in many ways. These are all welcome:


pointing


gestures


picture selection


AAC or other communication methods


other methods

Children can let you know by choosing:



stop


finished


help


break


something else

Children do not need to speak, make eye contact or stay still to participate.

Adapt visuals to each child's communication, sensory and developmental needs.

Practitioner Guide

NurseriesAndSchools.org
• Explore • Empower • Decide

How to introduce visual supports

1. Choose one familiar routine
2. Show the picture or board
3. Give processing time
4. Offer a way to respond
5. Follow the child's communication
6. Review and adapt



Use visuals to support understanding and choice, never to withhold comfort, essential needs or preferred communication.

Choosing meaningful pictures and symbols



Start with what the child knows

Choose pictures that show people, places and activities that are familiar and important to the child.



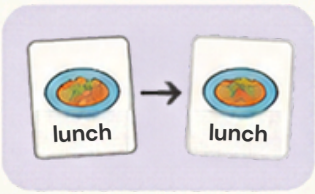
Use familiar photos, objects or symbols

Use real photos, familiar objects or simple symbols—whatever the child understands best.



Keep one clear idea per picture

Each picture should show one thing or activity so the message is easy to understand.



Use the same picture for the same activity

Being consistent helps the child learn and feel more confident.



Offer real photographs when helpful

Photos can be very motivating, especially for people, familiar places or real-life activities.



Check that the child can see and reach the visual

Make sure pictures are easy to see, at the right height, and within easy reach.

Different ways to show the same activity



real photo



familiar object



simple symbol

Pictures can be personalised. Change and update them as the child's interests and needs change.

NurseriesAndSchools.org
• Explore • Empower • Decide

FIRST — THEN

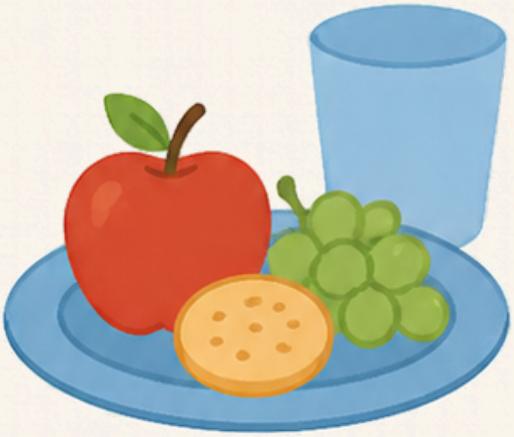
Choose or attach a picture for each step.

FIRST



wash hands

THEN



snack

I can say...



help



break



finished



stop



something else

NurseriesAndSchools.org
• Explore • Empower • Decide

NOW — NEXT

NOW

NEXT

Choose or attach a picture for each step.

EXAMPLES



play



tidy up

CHOICES (OPTIONAL)

help



break



finished



stop



something else



NurseriesAndSchools.org
• Explore • Empower • Decide

FIRST — THEN — NEXT

Choose or attach a picture for each step.

FIRST	THEN	NEXT
 wash hands	 snack	 play

CHOICES (optional)


help


break


finished



stop


something else

NurseriesAndSchools.org
• Explore • Empower • Decide

NOW — NEXT — LATER

Choose or attach a picture for each step.

NOW	NEXT	LATER



group time



outdoors



going home

I can tell you how I feel or what I need.



help



break



finished



stop



something else

NurseriesAndSchools.org
• Explore • Empower • Decide

MY DAILY ROUTINE

1	 arrival	
2	 wash hands	
3	 snack	
4	 play	
5	 outdoors	
6	 going home	

My choices


help


break


finished



stop


something else

NurseriesAndSchools.org
• Explore • Empower • Decide

Something Has Changed



The plan has changed.

We can choose another way.



WHAT WE PLANNED	WHAT IS HAPPENING NOW	WHAT HAPPENS NEXT
outdoors 	inside play 	

You can use these words or show another way.

help	break	finished	stop	something else
				

Arrival and handover picture cards



arrive



hello



hang coat



put bag away



grown-up leaves



find my key person



wash hands



choose



ready

NurseriesAndSchools.org
• Explore • Empower • Decide

Personal care picture cards



wash hands



toilet



drink



wipe nose



brush teeth



put on coat



take off coat



shoes on



shoes off

NurseriesAndSchools.org
• Explore • Empower • Decide

Food and drink picture cards



snack



lunch



water



milk



fruit



sit at table



eat



finished



more

NurseriesAndSchools.org
• Explore • Empower • Decide

Play choice picture cards



blocks



cars



dolls



puzzles



drawing



playdough



music



books



choose

NurseriesAndSchools.org
• Explore • Empower • Decide

Group time picture cards



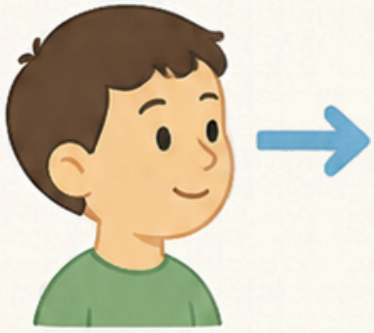
group time



story



song



look



listen



join in



my turn



finished



something else

NurseriesAndSchools.org
• Explore • Empower • Decide

Outdoor play picture cards



outdoors



garden



walk



slide



swing



sand



water play



coat on



back inside

NurseriesAndSchools.org
• Explore • Empower • Decide

Tidy-up picture cards



tidy up



put away



blocks away



cars away



books away



bin



help



finished



choose

NurseriesAndSchools.org
• Explore • Empower • Decide

Rest and regulation picture cards



rest



quiet space



break



breathe



squeeze



movement



headphones



cuddle



finished

NurseriesAndSchools.org
• Explore • Empower • Decide

Communication and help picture cards



help



stop



finished



break



more



different



yes



no



something else

NurseriesAndSchools.org
• Explore • Empower • Decide

Feelings and reassurance picture cards



happy



sad



worried



cross



tired



calm



I need help



you are safe



all done

NurseriesAndSchools.org
• Explore • Empower • Decide

People and places

picture cards



key person



friend



family



practitioner



home



nursery



toilet



garden



quiet space

NurseriesAndSchools.org
• Explore • Empower • Decide

Going home picture cards



going home



coat on



bag



find grown-up



goodbye



car



walk



see you next time



home

NurseriesAndSchools.org
• Explore • Empower • Decide

Two-step routine sequences

Look at each pair of steps. Draw, attach, or write what comes **First** and what comes **Then**.



wash hands



snack

FIRST

THEN



tidy up



story

FIRST

THEN



coat on



outdoors

FIRST

THEN

Use two steps when that is enough. Add more only when helpful.

NurseriesAndSchools.org
• Explore • Empower • Decide

Three-step routine sequences

Use pictures to show each step in the correct order.

Example routine 1

1



arrive

2



wash hands

3



play

Example routine 2

1



tidy up

2



story

3



going home

Some children may prefer two steps.

Follow the child's communication and processing needs.

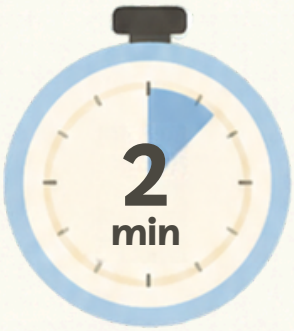
NurseriesAndSchools.org
• Explore • Empower • Decide

Transition warning cards

Use to support smooth transitions



5 minutes



2 minutes



nearly finished



one more turn



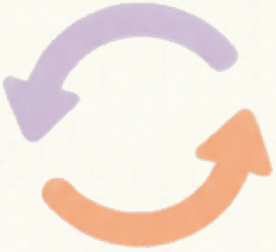
then we tidy



then we go outside



then we go home



the activity is changing

NurseriesAndSchools.org
• Explore • Empower • Decide

Waiting and turn-taking cards

wait



my turn



your turn



together



one more



nearly my turn



help me wait



finished



NurseriesAndSchools.org
• Explore • Empower • Decide

Change-of-plan cards



something changed



not today



another way



inside instead



outside later



choose again



help



break

What happens next?

NurseriesAndSchools.org
• Explore • Empower • Decide

Match the Routine

Match the pictures. Point, draw or place a card.





















NurseriesAndSchools.org
• Explore • Empower • Decide

What Comes Next?

Choose what comes next. You can point, place a picture or use another way to communicate.



Wash Hands → ?



Snack



Play



Going Home



Tidy Up → ?



Outdoors



Snack



Play



Coat On → ?



Outdoors



Going Home



Snack



Story → ?



Play



Snack



Going Home

Put the Routine in Order

Put the pictures in an order that makes sense to you.
Point, place or move the pictures.

1. Arrival Routine


Say hello


Put bag away


Choose an activity


Wash hands

2. Snack Time


Eat snack


Throw away rubbish


Sit at the table


Wash hands

3. Going Outdoors


Put on coat


Put on hat


Put on boots


Go outside

There can be more than one helpful way to order a routine.

NurseriesAndSchools.org
• Explore • Empower • Decide

First – Then Practice Mats

Choose two pictures. Point, place or move the cards.

FIRST	THEN	I choose

FIRST	THEN	I choose


wash hands


snack


play


tidy up


outdoors


help



stop


finished


break


something else

NurseriesAndSchools.org
• Explore • Empower • Decide

MY CHOICES

Choose one or more. Point, gesture, place a picture or use another way to communicate.

blocks



books



drawing



music



outdoors



quiet space



help



break



finished



stop



something else



Blank picture card templates

Add a familiar photo, object picture, symbol or drawing.

Use the same picture for the same activity when helpful.

NurseriesAndSchools.org
• Explore • Empower • Decide

Blank First-Then boards

Choose two pictures that are meaningful for this child.

FIRST → **THEN**

Activity (optional):

FIRST → **THEN**

Activity (optional):

FIRST → **THEN**

Activity (optional):


help


break


finished


stop


something else

NurseriesAndSchools.org
• Explore • Empower • Decide

My Individual Routine Planner



Child's name	Date

People who support me	How I communicate	Things that help me feel ready

Things I may need during transitions

	My routine	What helps?
1		
2		
3		
4		
5		
6		

My choices and communication

help	break	stop	finished	something else
				

Use the child's familiar pictures, objects, symbols or photographs.