

First, Then Visual

A "First, Then" visual is a simple and effective visual support tool commonly used in various settings, such as classrooms, therapy sessions, or homes, to help individuals understand and follow a sequence of tasks or activities. It typically consists of two distinct sections labeled "First" and "Then."

The purpose of a "First, Then" visual is to provide a clear and concrete representation of what needs to be done, offering a visual reminder of the steps involved in completing a task or transitioning from one activity to another. It is particularly beneficial for individuals with autism spectrum disorders, cognitive impairments, or difficulties with organization and transitioning.

The "First" section of the visual depicts the initial task or activity that needs to be accomplished. This can be represented through pictures, symbols, or words, depending on the individual's level of understanding and communication skills. The visual clearly communicates what the person is expected to do first.

The "Then" section illustrates the subsequent task or activity that will follow once the initial task is completed. Similar to the "First" section, this part can include visual cues or labels to ensure comprehension. It shows what comes next after the first task is finished.

By using a "First, Then" visual, individuals can visually comprehend the sequence of events, understand expectations, and navigate through tasks or activities with greater ease. This visual support promotes independence, reduces anxiety, and provides a visual framework for individuals to follow. It can be implemented by educators, therapists, parents, or caregivers to enhance communication and support individuals in achieving their goals.