

# First-Then Activities

Children feel calmer when they know what happens first and what comes next. A First-Then activities makes routines simple and clear. It helps your child finish one task before moving to the next, and gives them confidence.

## How to Use the Activity

1. Show the printed and laminated images in Figure 1.
2. Point and say: "First we do this, then we do that."
3. Keep it Short
4. Always use 2 steps only (not 3 or 4).

Example:

- "First brush teeth. Then play blocks."
- "First eat. Then TV."

5. Celebrate, when your child finishes the "First" step, cheer! Clap, smile, or give a high-five.

## Example Story for Kids

"First, I brush my teeth. Then, I play with my blocks."

"First, I put away my toys. Then, I watch my favorite show."

"When I finish one thing, I can do the next!"

## What to Print

### Task Cards (First):

- Brush teeth
- Eat food
- Clean up toys
- Take a bath
- Go to sleep

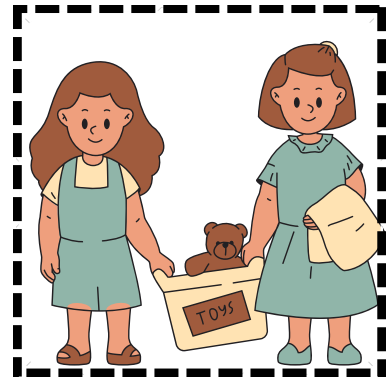


Figure 1.

SMALL ROUTINES LEAD TO BIG PROGRESS

## Reward Cards (Then):

- Play blocks
- Watch TV
- Trampoline
- Hug
- Snack



Figure 2.

## Parent Tip:

Start with one routine a day (like bedtime). Always stick to 2 steps. Over time, your child will trust the routine, and transitions will be easier.

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