Adaptive Strides

Skills that move life forward.

THANK YOU!

for taking the next stride with us

First-Then Board

A FREE RESOURCE FOR EVERYDAY LEARNING

Make the next two activities clear.

Use the 10 included activity icons, or add your own familiar pictures.
Once the board is laminated, you can write other activities in the empty boxes with a dry-erase marker when the option you need is not included.

HOW TO USE

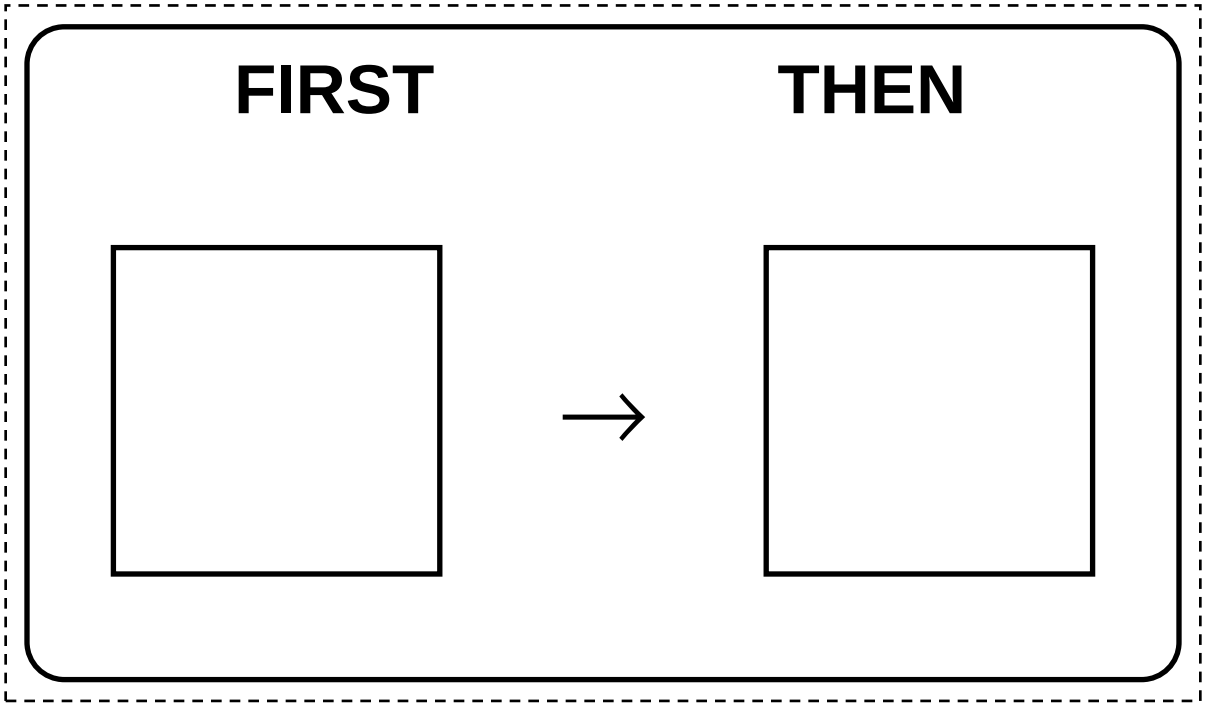
Place the first activity in the FIRST box and the next activity in the THEN box. Point to each as you explain the sequence. After the first activity, move to the next one and update the board.

Keep the first step achievable. Offer choices when possible, follow through on what comes next, and provide help when needed. A First-Then board can show any two activities; the second does not have to be a reward.

PRINT & PREPARE

Print at Actual Size (100%). Cut the board and icons along the dotted outlines.
Laminate pieces separately, then trim, leaving a 1/8-inch clear seal around each piece.
Use the laminated board with icons, reusable fasteners, or a dry-erase marker.

BOARD: CUT ON THE OUTER DASHED OUTLINE



ACTIVITY ICON CUT-OUTS

Cut along the dotted lines.



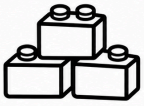
Work



Break



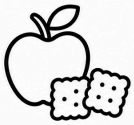
Read



Play



Clean up



Snack



Lunch



Recess



Art



Music

Cut paper first, laminate pieces apart, then trim film 1/8 inch past the paper edge.

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THANK YOU FOR TAKING THIS STRIDE WITH US!

Simple tools. Meaningful everyday progress.

A FREE RESOURCE, MADE FOR YOU

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MAKE IT YOUR OWN

Choose familiar pictures, meaningful activities, and a pace that suits the learner. Support communication, offer help, and allow requests for breaks. Basic needs and communication access stay available.

TAKE THE NEXT STRIDE

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