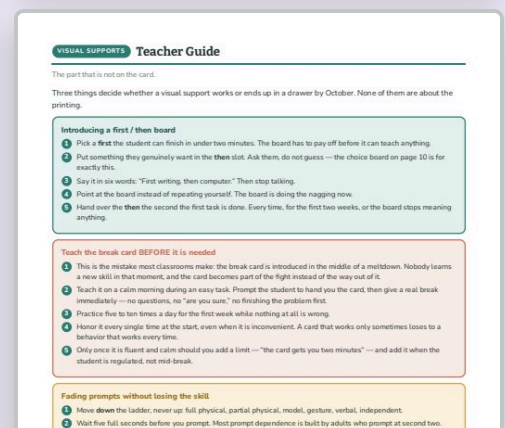
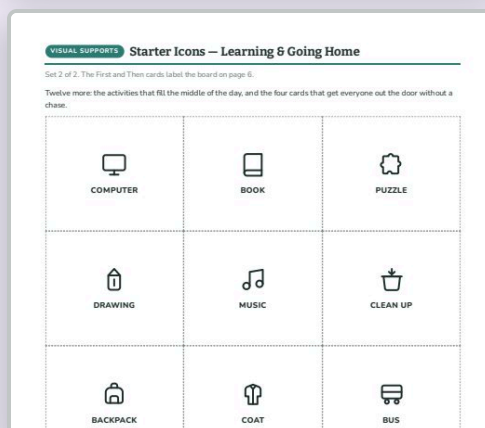
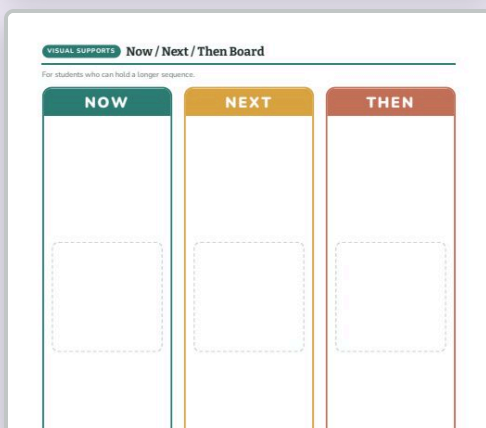
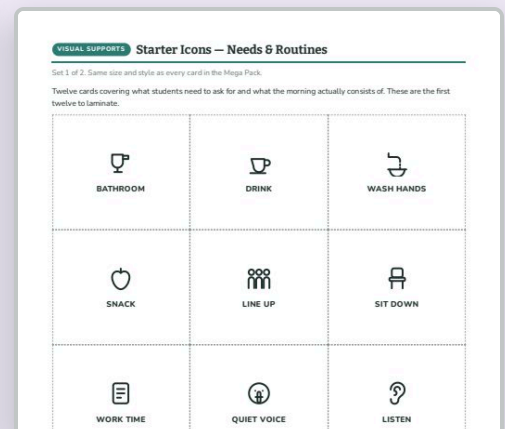
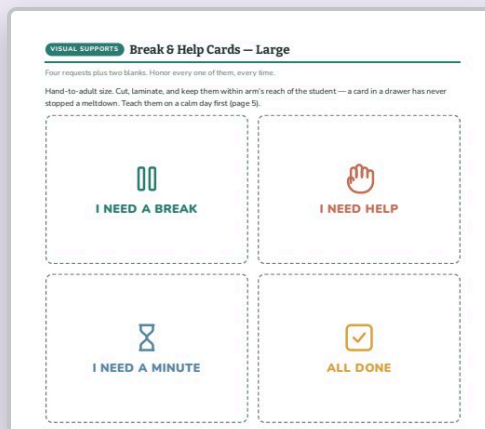
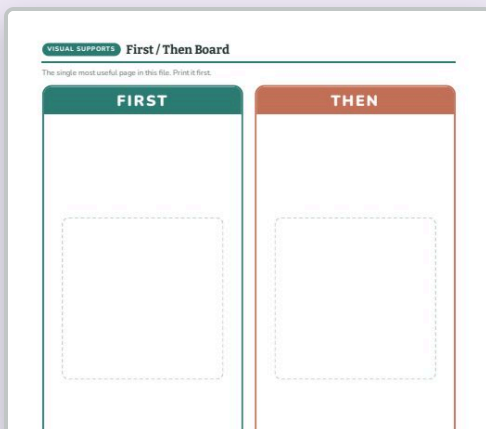


VISUAL SUPPORTS

First/then boards, break cards, a choice board and 24 picture cards. Starter set for an elementary SPED room.



FREE

15 Pages

Print & Laminate

Prints in B&W

6 sections, 15 pages, all print-and-write. Print the whole thing or just the pages your room needs.

01**Teacher Guide**

Setup, then how to introduce a board, teach a break card, and fade prompts

2 pages**02****First / Then Boards**

A two-slot board and a three-slot Now/Next/Then board, full page

2 pages**03****Break & Help Cards**

Six large hand-to-adult cards plus a nine-card ring set

2 pages**04****Choice Board**

A full-page board and twelve choice icons to fill it

2 pages**05****Starter Icon Set**

24 picture cards for the routines every classroom runs

2 pages**06****Blank Cards**

Twelve write-in cards for anything not covered

1 pages**Also included**

- 63 cards in total, all the same clean line art
- Prints sharply in black and white
- Every card sized to cut and laminate
- Same icon system as the 108-card Visual Schedule Mega Pack

The part that is not on the card.

Three things decide whether a visual support works or ends up in a drawer by October. None of them are about the printing.

Introducing a first / then board

- 1 Pick a **first** the student can finish in under two minutes. The board has to pay off before it can teach anything.
- 2 Put something they genuinely want in the **then** slot. Ask them, do not guess — the choice board on page 10 is for exactly this.
- 3 Say it in six words: “First writing, then computer.” Then stop talking.
- 4 Point at the board instead of repeating yourself. The board is doing the nagging now.
- 5 Hand over the **then** the second the first task is done. Every time, for the first two weeks, or the board stops meaning anything.

Teach the break card BEFORE it is needed

- 1 This is the mistake most classrooms make: the break card is introduced in the middle of a meltdown. Nobody learns a new skill in that moment, and the card becomes part of the fight instead of the way out of it.
- 2 Teach it on a calm morning during an easy task. Prompt the student to hand you the card, then give a real break immediately — no questions, no “are you sure,” no finishing the problem first.
- 3 Practice five to ten times a day for the first week while nothing at all is wrong.
- 4 Honor it every single time at the start, even when it is inconvenient. A card that works only sometimes loses to a behavior that works every time.
- 5 Only once it is fluent and calm should you add a limit — “the card gets you two minutes” — and add it when the student is regulated, not mid-break.

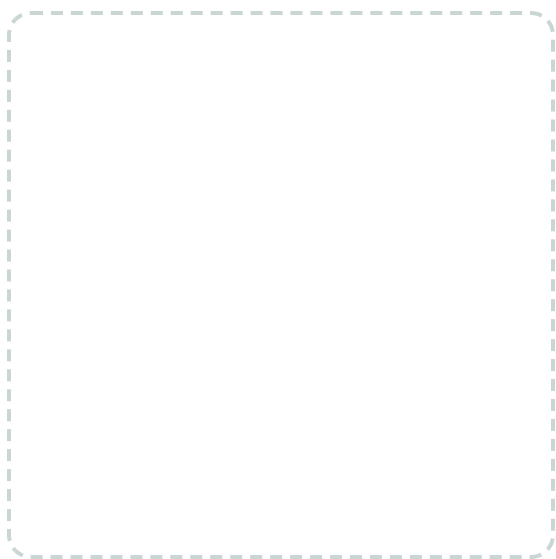
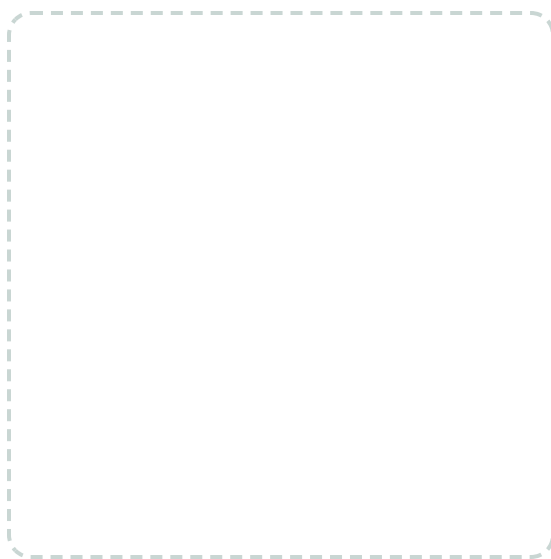
Fading prompts without losing the skill

- 1 Move **down** the ladder, never up: full physical, partial physical, model, gesture, verbal, independent.
- 2 Wait five full seconds before you prompt. Most prompt dependence is built by adults who prompt at second two.
- 3 Fade yourself before you fade the visual: stand beside, then across the room, then out of sight. The card stays.
- 4 If independence slips, drop back one level for a few days rather than starting over.

Your first week, day by day

- 1 **Monday.** Laminate the First / Then board and the four large break cards. Nothing else.
- 2 **Tuesday.** Teach the break card during an easy task, five times, while everything is calm.
- 3 **Wednesday.** Run the First / Then board at the two moments the day usually falls apart.
- 4 **Thursday.** Add the choice board and let the student pick what goes in the **then** slot.
- 5 **Friday.** Put the ring of cards in the sub folder and see which ones get used.

The single most useful page in this file. Print it first.

FIRST**THEN****How to use this board**

Velcro a card into each dashed square. The square is sized to fit any card in this pack, and any card in the Visual Schedule Mega Pack.

- Required task on the left.
- Six words, then stop talking.
- Something they want on the right.
- Deliver the 'then' immediately.

Four requests plus two blanks. Honor every one of them, every time.

Hand-to-adult size. Cut, laminate, and keep them within arm's reach of the student — a card in a drawer has never stopped a meltdown. Teach them on a calm day first (page 5).



I NEED A BREAK



I NEED HELP



I NEED A MINUTE

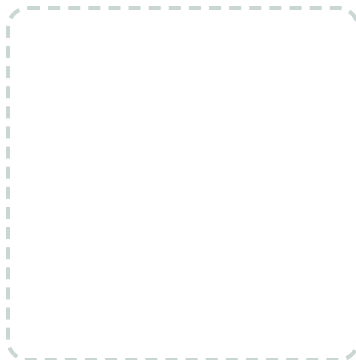


ALL DONE



Six slots. Fill them with the reinforcers that actually work in your room.

Velcro a choice icon into each dashed square and write the word underneath. Offer two or three at a time by covering the rest with an index card — six options at once is a demand, not a choice.

Why a choice board stops refusal

Most refusal is about control, not about the task. A real choice between two acceptable options hands control back without giving up the expectation. “Table or beanbag?” still ends in writing.

Set 1 of 2. Same size and style as every card in the Mega Pack.

Twelve cards covering what students need to ask for and what the morning actually consists of. These are the first twelve to laminate.

 BATHROOM	 DRINK	 WASH HANDS
 SNACK	 LINE UP	 SIT DOWN
 WORK TIME	 QUIET VOICE	 LISTEN
 BREAK	 HELP	 ALL DONE

Thank you for downloading this

This set is free because the fastest way to find out whether a visual system will work for your students is to put one in front of them on Monday. If it does, the rest of the system is below.

Two minutes that help more than you think

Go to **My Purchases** on TPT and click **Provide Feedback**. Reviews on a free resource are how other teachers find it — and you earn credits toward paid downloads for leaving one. Then click **Follow** on the store page: followers get told first when something new goes up, before it is buried in a search result.

These 24 icons are the first 24 of 108

The **Visual Schedule Mega Pack** is drawn in exactly the same line-art system as the cards you just printed. Nothing your students learn here has to be relearned — the new cards drop straight onto the same boards, at the same size, with the same velcro.

WHERE TO GO NEXT

Visual Schedule Mega Pack

108 picture cards, schedule strips, countdown cards, feelings chart — 29 pages, same icons as these.

Special Education Classroom Bundle

Every resource in the store in one discounted download, including the Mega Pack.

Calm Corner & Regulation Kit

Posters, breathing visuals and strategy cards for the corner these cards send them to.

IEP Data Collection Sheets — FREE

Eight progress monitoring forms that fit on one page. Also free.

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