

First ... Then ...

Name: _____ Date: _____

First

draw or write



Then

draw or write

How to use this

Draw or write the “first” task (e.g. tidy up) in the first box.

Put something your child likes in the “then” box (e.g. bubbles).

Point and say it simply: “First tidy up, then bubbles.”

Follow through every time — that’s what builds trust in the routine.

Pairs with our free **Big Feelings program** at inclusivetherapycentre.com/home-programs