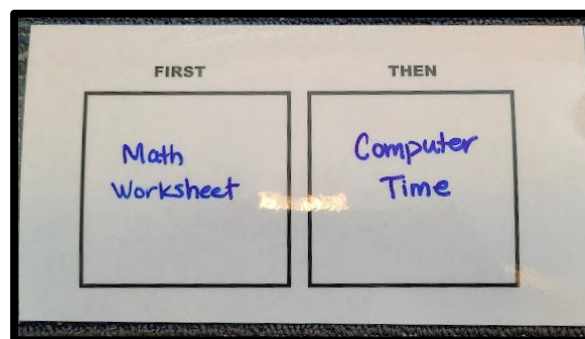


# Quick Tips for Teaching First-Then Boards to Decrease Challenging Behavior

- A “First-Then” board is a visual support indicating a two-step work-reward sequence.
- In developing a “First-Then” board, the first step should be determining what types of visual cues are appropriate (e.g., photographs, line drawings, written text).
- The board should clearly display what the student is supposed to do first and then what the student will receive as a reward for completing the task or activity.
- For example, if the student is supposed to follow a direction (e.g., clean up toys) then a picture or symbol of ‘clean up’ should be placed in the “First” box. The “Then” box should display an item or activity that the student prefers and will earn as a reward for completing the task (e.g., reading a book, swing, etc.).
- Remember the picture in the “Then” box should always be something that the student enjoys. You may need to change reinforcers frequently to keep them effective.
- Keep the “First-Then” board visible to the student.
- Once your student has learned to understand the first-then sequence, it can help with many situations throughout the day.



This tip sheet series was developed by TRIAD consultants and was made available at no cost through the Tennessee Department of Education, Tennessee Technical Assistance Network. [Triad.vumc.org/schools](http://Triad.vumc.org/schools). 2023