Using Now and Next

Keep visuals simple and familiar – use images, symbols, or photos the person already recognises

Place two symbols on the board: one for what the person is currently doing (Now) and one for what will happen immediately afterwards (Next).

Motivate through sequencing – after a less-preferred activity, use the Next column to show something positive and engaging. Tell the user: "**Now** it's ____, **next** it will be ____," while pointing to the symbols. Keep the board in clear view at their eye level so they can check it whenever they need to. Be consistent and keep it reliable – if the board shows "music is next," ensure that's the next activity. Consistency helps the person feel confident and reassured. When an activity ends, say: "____ has finished." Encourage the person to take that symbol off the Now column.

Prepare for change – update the board as soon as you know a transition is coming, so the person has time to adjust.

Move the symbol from the Next column into the Now space, then add a new activity into Next. Repeat together: "**Now** it's ____, **next** it will be ____."

For many learners, Now and Next is easy to grasp because it makes both the present and the immediate future crystal clear. 'Then' can come later, once someone is developmentally ready to manage longer sequences. Once someone is secure with Now and Next, you can start to expand:
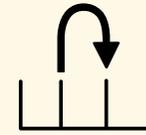
Now: Reading

Next: Playtime

Then: Lunch

Not everyone needs "**Next**." Some children and adults live very much in the present and benefit most from just knowing what is happening **now**
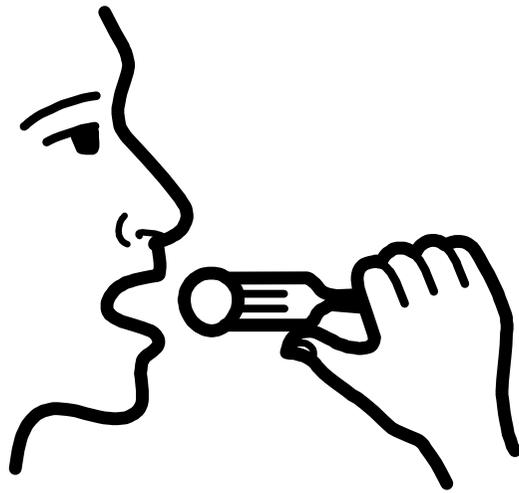
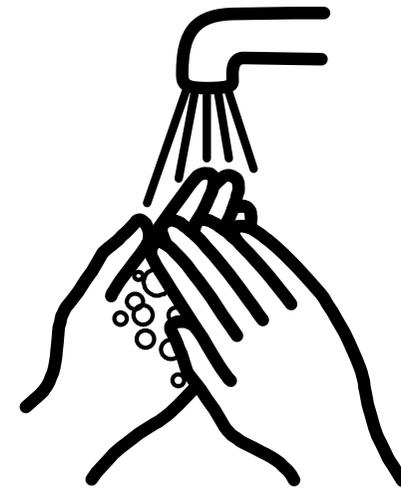*Read more here*: https://e-voice.org.uk/bettertogether/weblog/57574496-now-and-next

Now

Next

eat

drink

Print on card. Laminate (matt 125–250 micron, matt)

Round corners. Add Velcro. Populate the Now and Next Board

toilet

wash

Print on card. Laminate (matt 125–250 micron, matt)

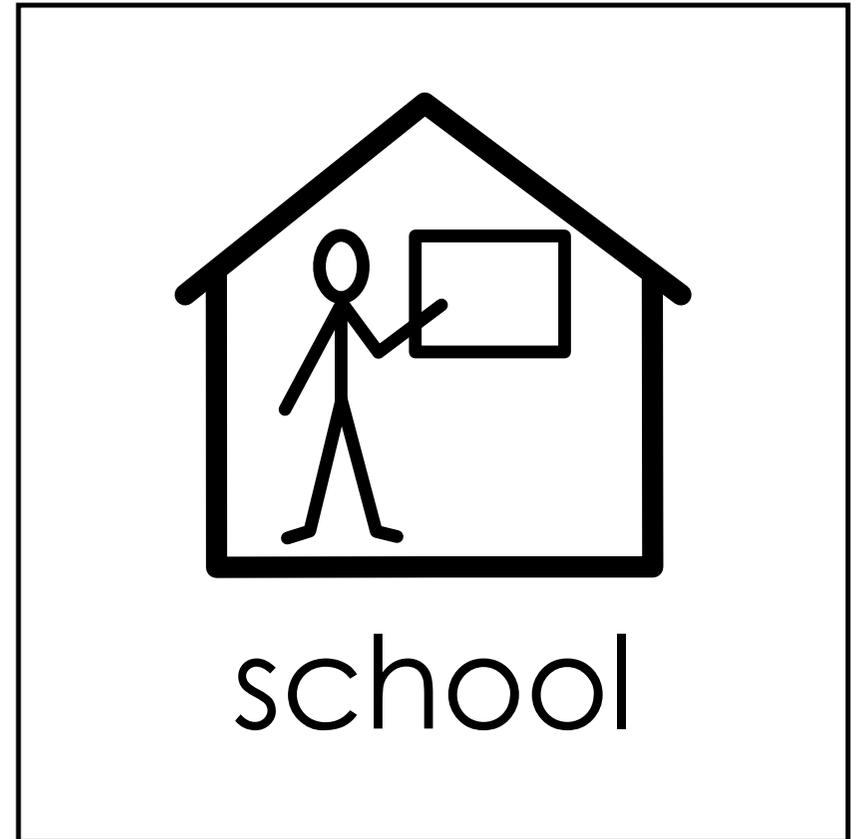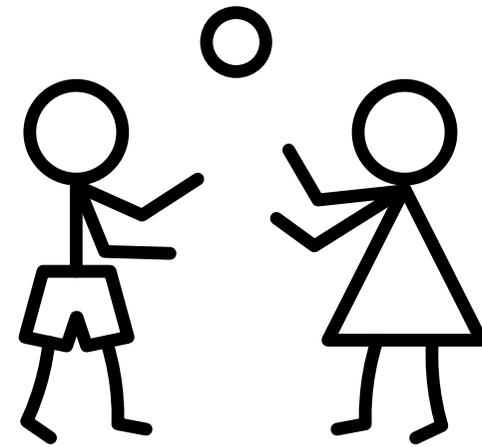Round corners. Add Velcro. Populate the Now and Next Board

get dressed

school

Print on card. Laminate (matt 125–250 micron, matt)

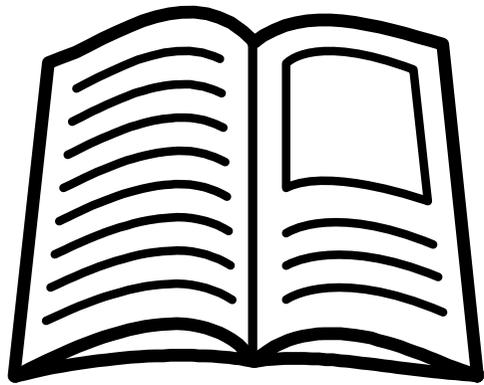Round corners. Add Velcro. Populate the Now and Next Board
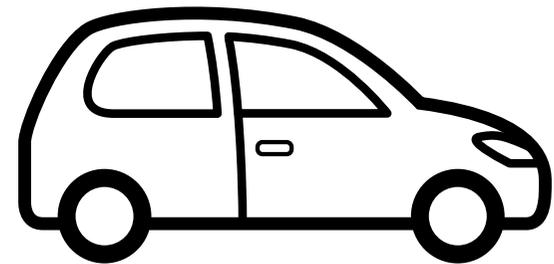
work

play

Print on card. Laminate (matt 125–250 micron, matt)

Round corners. Add Velcro. Populate the Now and Next Board .
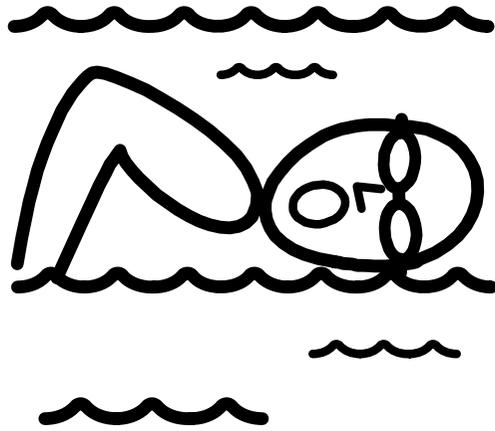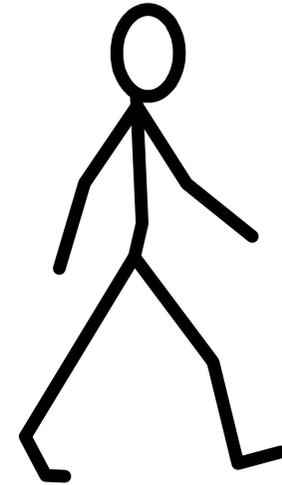
story

car

Print on card. Laminate (matt 125–250 micron, matt)

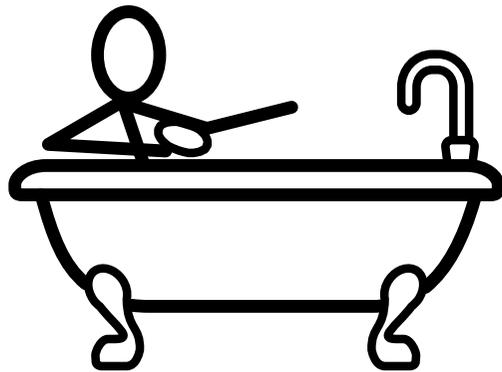Round corners. Add Velcro. Populate the Now and Next Board .

swimming

walk

Print on card. Laminate (matt 125–250 micron, matt)

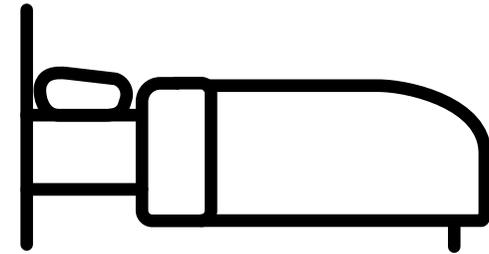Round corners. Add Velcro. Populate the Now and Next Board

bath

shower

Print on card. Laminate (matt 125–250 micron, matt)

Round corners. Add Velcro. Populate the Now and Next Board

home

bed

Print on card. Laminate (matt 125–250 micron, matt)

Round corners. Add Velcro. Populate the Now and Next Board