

Now and Next

What is it?



A Now/ Next board is a visual way to show a child what is happening and what is expected of them. Now and Next can be used to help children and young people with communication difficulties to:

- transition from one activity to another
- prepare for a change
- understand what is happening in their day

How to use them?

You will need:

- Velcro
- Laminated card
- Pictures for all activities (use photos, pictures or picture symbols depending on the child or young person's level of recognition).

Now	Next
 bricks	 sand

- Attach the photo or picture symbol relating to the activity that the child is doing now, on the 'Now' side of the board, and the one that the child is going to transition to on the 'Next' side of the board
- Try to make sure the 'next' activity (the activity you are transitioning the child to), is ready and prepared.
- Point to the photo or picture symbol of the activity representing what the child is doing now (for example, singing) and say, "Now it is singing". Then point to the photo or picture symbol of the activity representing what the child is going to do next (e.g., having snack) and say, "Next it is snack".
- When it is time to transition to the 'next' activity, point to the 'now' activity photo or picture symbol e.g., singing, and say, "Singing is finished". Then remove the photo or picture symbol from the 'now' side and put it in a box labelled 'finished' or back inside the card.
- Move the 'next' activity photo or picture symbol e.g., snack, over to the 'now' position and add the picture symbol or photo representing the activity to follow e.g. play time

Outstanding care for all

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to the 'next' position. Point to the photo or symbols in turn and say e.g. "Now it is snack, next it is play time".

Top tips for success-

- Use your Now/ Next board consistently
- If it doesn't work straight away don't give up, keep modelling
- Label your pictures so that everyone knows which pictures to use and what to call each one.
- Start with two equally enjoyable and motivating activities so that the child learns how the system works without worrying about what he or she is being asked to do.
- Now / Next boards can also be used as a way of encouraging a child or young person to complete an adult directed activity (as shown on the 'now' card) before they get an activity that they want to do (shown on the 'next' card). If using it in this way start with very short achievable adult led tasks and high reward activities so the child can be successful as quickly as possible.

Further training / information –

<https://www.integratedtreatmentservices.co.uk/our-approaches/speech-therapy-approaches/visual-communication-environments/>

Links for videos-

<https://www.youtube.com/watch?v=MOVIXe7R3X0>

How to prepare:

- Prepare the pictures for the activities the child will be doing.
- Take a piece of card. Divide the front of the card into two halves, add the words and symbols Now Next to the top of the card. Laminate.
- Fix a Velcro dot on the laminated card (fluffy side up) in the position the pictures will be placed.
- Fix a dot of Velcro (rough side) on the back of the picture symbols or photos so they can be stuck onto the card.
- Inside the card place strips of Velcro (fluffy side) along the back of the card. This is where your symbols and pictures can be stored ready to use on the card.

Now	Next
