



# Using a First-Then Visual

First-then visuals use the idea that a person will perform a less preferred routine or activity (low probability behavior) to gain access to a more preferred activity (high probability behavior).

First-Then uses a principle commonly referred to as “Grandma’s Rule” because grandmas are known to say, “You need to eat all your vegetables if you want some chocolate cake.” (This strategy has worked for centuries) 🍰

- 1 Place a picture of a less preferred routine or activity in the “First” square.
- 2 Place a picture of a preferred routine or activity in the “Then” square.
- 3 Cut out the images provided or use your own!

# First

Place picture of a less preferred activity your child should do first.

# Then

Place picture of a preferred activity your child can do next.



# First

Place picture of a less preferred activity your child should do first.

# Next

Place picture of another less preferred activity your child should do next.

# Then

Place picture of a highly preferred activity your child can do once they finish the first two.

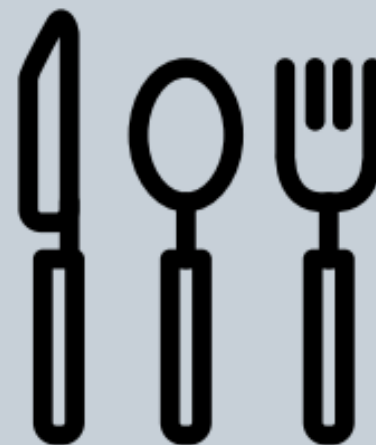




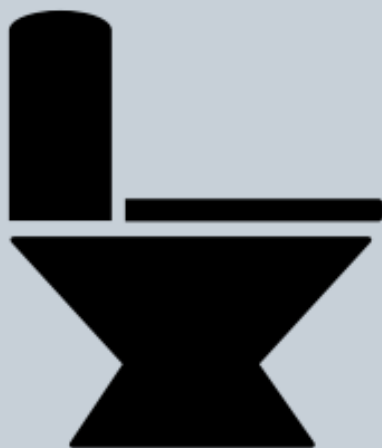
**Work**



**Bath**



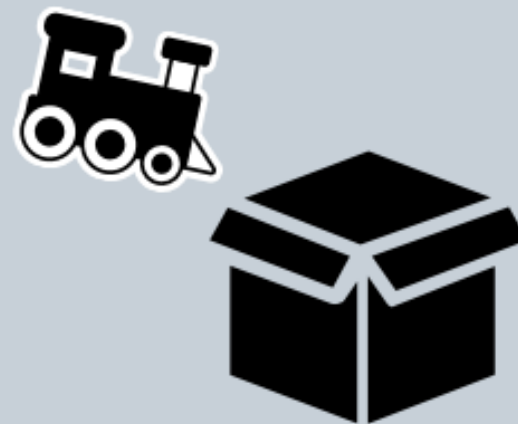
**Eat**



**Bathroom**



**Get  
dressed**



**Clean up**



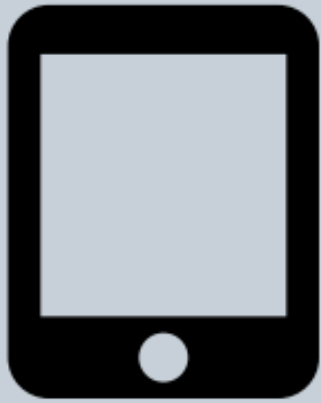
**Brush  
teeth**



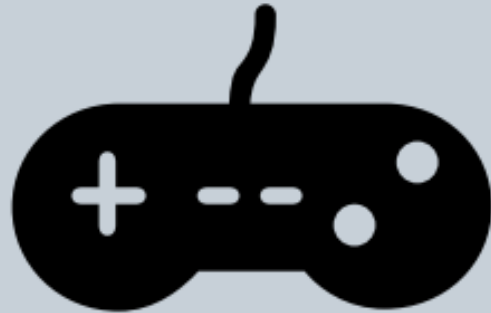
**Nap**



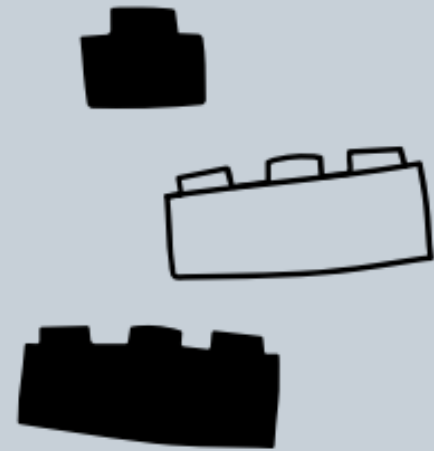
**Computer**



**iPad**



**Game**



**Play**



**Music**



**TV**



**Snack**



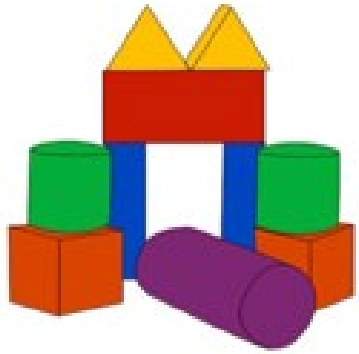
**School**



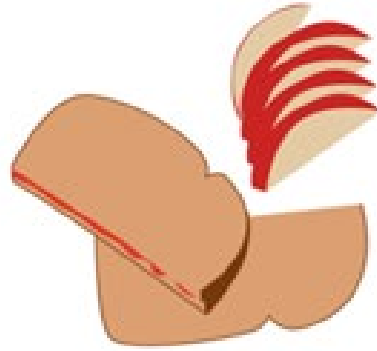
**Doctor**



**Store**



**PLAY TIME**



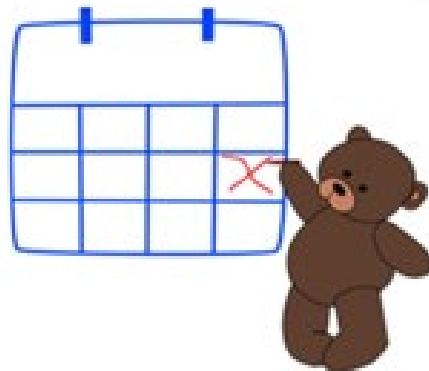
**LUNCH**



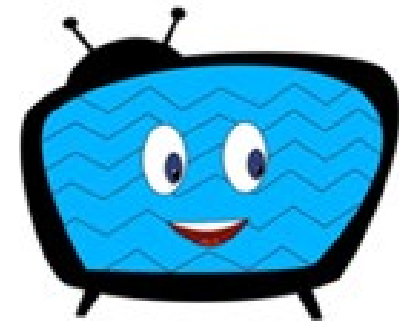
**SCREEN TIME**



**BRUSH TEETH**



**APPOINTMENT**



**TV TIME**



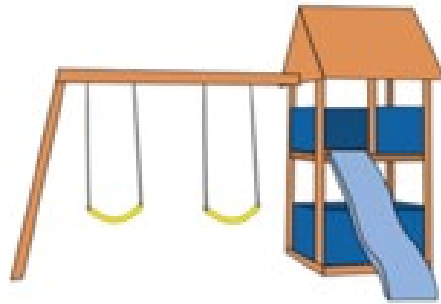
**NAP TIME**



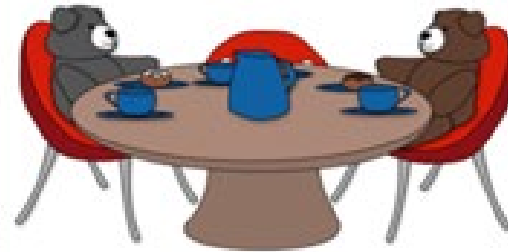
**GET DRESSED**



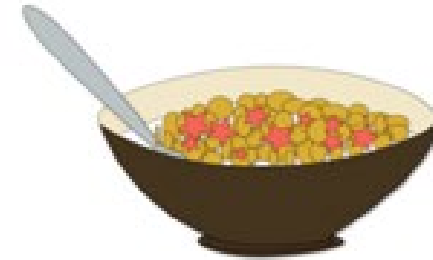
**GET DRESSED**



**OUTSIDE**



**PLAY DATE**



**BREAKFAST**