Predictable Routines & Transitions

Make a familiar sequence easier to see and anticipate.

How to use the illustrated cards

Prepare

Use the First → Next → Then pictures for a routine that genuinely matches the child's day. The example shows coat, bag, then going outside.

Show the sequence

Before the transition, point to each picture and say briefly: "First coat, next bag, then outside." Show the real coat and bag if helpful.

Go at the child's pace

Give extra processing time and a warning before changing activity. If the plan changes, explain and show the change rather than insisting the old sequence is followed.

Use the drawing page

The child can colour the pictures or add what happens next. Adults can draw or add a photo for them; drawing is optional.

Helpful reminder

Use only the steps that are relevant. A visual routine should inform and reassure, not force a child to comply.

Every activity is optional. Children may look, point, gesture, speak, play alongside an adult, change the activity or pass. These are play ideas, not autism treatments or assessments.