First, next, then

Pack 1 - Move & Explore

Choose one routine. Follow the three cards from left to right.

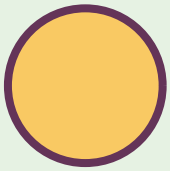
Getting ready to play

FIRST



Choose a toy

NEXT



Play together

THEN



Put it away

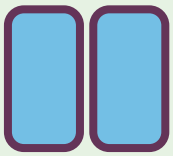
Movement break

FIRST



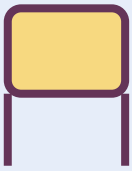
Choose a move

NEXT



Move your way

THEN



Have a rest

Cut along dashed lines, or point to the cards without cutting.
The child may watch, join in, or choose a different routine.

Adult guide: first, next, then

Pack 1 - Move & Explore

How to use the picture routines

1. Pick ONE of the two routines on the card sheet.
2. Show all three cards in order: first, next, then.
3. Say and demonstrate each real action as you do it.
4. Point to the next card only when the child is ready.
5. Finish after three steps, or stop sooner if preferred.

Keep it flexible

These are examples, not rules or behaviour tests.

Swap a card if your child has a different way to do a step.

Pointing, watching, signing and taking breaks all count.

Use real objects alongside the pictures where possible.

Adult supervision is needed for movement, cutting and small objects.