Show the next step.

Free First–Then starter · 5 printable pages

One board. Eight everyday routine cards. A quick-start guide.

Brush teeth

Put on clothes

Eat meal

Shoes on

Read books

Bath time

Tidy toys

Sweet dreams

Print at actual size using the file that matches your paper.

Choose your own sequence and adapt it to your child.

This is a printable communication tool, not a promised outcome.

Paper: A4 · Lower-ink layout

First, then…

Keep this board whole. Place one card in each space.

FIRST	THEN

Show both pictures before the activity begins.

Use a few clear words: “First brush teeth, then read books.”

A child can ask for help or a pause. Adjust the plan together.

The 2 × 2 inch cards on the following pages fit these spaces.

Routine cards · 1–4

Cut on the dashed lines. Cards are 2 × 2 inches at actual size.

Brush teeth

Put on clothes

Eat meal

Shoes on

Routine cards · 5–8

Cut on the dashed lines. Cards are 2 × 2 inches at actual size.

Read books

Bath time

Tidy toys

Sweet dreams

Start with two pictures.

1. Choose your paper.

Open the US Letter or A4 file that matches your printer paper.

2. Print one test page.

Use 100% or actual size. Check one card before cutting the set.

3. Prepare the board.

Keep page 2 whole. Cut out the cards on pages 3–4.

4. Show two steps.

Choose a realistic pair and point to each picture in order.

5. Make it yours.

Use the included editable blank cards for your own labels or drawings.

Lamination and reusable adhesive dots are optional.

A visual aid does not replace individual professional advice.

More routine kits: tendercrafthq.com/printables

Support: hello@tendercrafthq.com