



COMMUNICATION SUPPORTS

These tools help me understand,
express my thoughts, and connect with others. ❤️

I communicate
in many ways!

- 🗨️ AAC Device
- 👤 Gestures
- 😊 Facial Expressions
- 💜 Body Language
- 🔊 Vocalizations

AAC DEVICE



I use my AAC device
to say what I need,
want, think, and feel.
My device gives
me a voice!



GESTURES



I use gestures like
pointing, waving,
thumbing up, and
more to help
share my message.



FACIAL EXPRESSIONS



Happy



Sad



Tired /
Frustrated

My face shows
how I feel and
helps you
understand me.



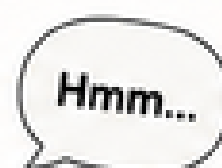
BODY LANGUAGE



My body can tell
you a lot! I might
nod, shake my head,
lean in, or give
you a high five.

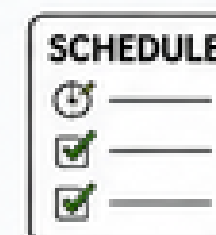


VOCALIZATIONS



I use sounds,
sighs, laughs,
or other
vocalizations
to express
myself.

VISUAL SUPPORTS



Visuals help me know what to
expect, stay on track, and feel
more confident.



Thank you for
listening to me!



All communication is important.



All voices matter.



♥ VISUAL SUPPORTS ☆

Pictures, symbols, and visuals help me understand, remember, and be more independent! ♥

SCHEDULES

Help me know what is happening and what comes next.

		Wake Up
		Breakfast
		School
		Lunch
		Play Time
		Bedtime



FIRST / THEN BOARDS

Help me understand what I need to do first and what happens next.



VISUAL TIMERS

Help me see how much time I have left.



CHECKLISTS

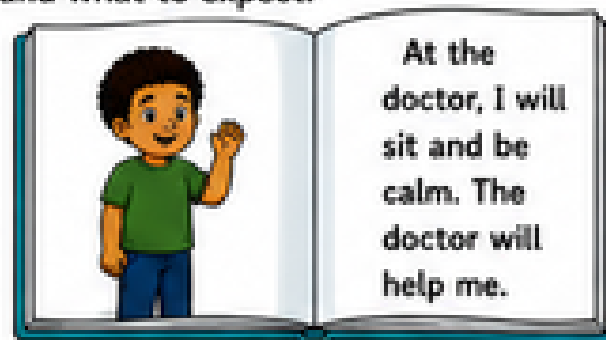
Help me remember what I need to do.

	Make Bed	☒
	Brush Teeth	☒
	Get Dressed	☒
	Grab Backpack	☐



SOCIAL STORIES

Help me understand different situations and what to expect.



CHOICE BOARDS

Help me make choices and feel in control.

What do you want?



Apple

Pretzel

Banana



TOKEN BOARDS

Help me earn rewards for working hard.

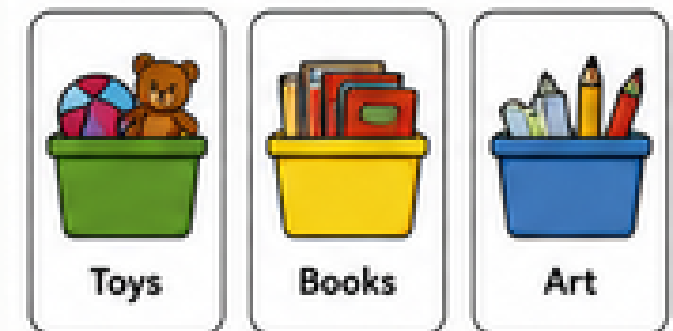


I'm working for:



LABELS & SIGNS

Help me find things and know where they go.



Toys

Books

Art



♥ Visual supports help me succeed every day! ♥



FIRST / THEN BOARDS

First/Then boards help with understanding routines, transitions, and expectations.
Use these boards at home, school, or therapy to support communication and independence.



How to Use

- ♥ Show the "First" activity to let your child know what comes next.
- ♥ Show the "Then" activity as a reward or something they enjoy.
- ♥ Use your AAC device to talk about it!

☀ Morning Routine ☀

FIRST



Brush Teeth

THEN



iPad Time

🏠 School Time

FIRST



Do My Work

THEN



Play Time

🍴 Mealtime

FIRST



Eat My Food

THEN



Cookie

☀ Bath Time 🦆

FIRST



Take a Bath

THEN



Pajamas & Story

👕 Getting Dressed 👕

FIRST



Get Dressed

THEN



All Done!

🛒 Errand Time 🛒

FIRST



Go in the Car

THEN



Pick a Treat

♥ Therapy Time ♥

FIRST



Do Therapy

THEN



Bubbles

🌙 Bedtime 🌙

FIRST



Brush Teeth

THEN



Sleepy Time



First/Then boards give clear visual support, reduce anxiety, and help build independence one step at a time! ♥

✂ Cut apart these cards and use with Velcro or magnets!



Break



Outside Time



Music



Sensory Play



Free Choice



Snack



Walk



Movie Time



All communication is important.



All voices matter.

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Together, we can make every transition a success! ♥



💡 FIRST / THEN 💡

FIRST

THEN



FIRST / **THEN** / **NEXT**

————— I can do it one step at a time! —————


FIRST

THEN

NEXT



Great job! You are learning and growing every day!





LABELS & SIGNS



Use these labels to help us communicate and stay organized!



HOME



BATHROOM



BEDROOM



KITCHEN



LIVING ROOM



DOOR



STOP



WAIT



COME IN



LAUNDRY ROOM



PLAY ROOM



QUIET AREA



CALM CORNER



BRUSH TEETH



WASH HANDS



MEDICINE TIME



SNACK TIME



BEDTIME



STORY TIME



SCHOOL TIME



These labels can help me know where to go and what's next!





PLAY ROOM

Let's play, learn,
and have fun! ♥





LAUNDRY ROOM



Let's sort, wash,
dry, and fold! ♥



♥ ☆ ✨ 🏠 ✨

QUIET AREA

..... ♥

Let's be calm,
take a break,
and relax. ♥





BATHROOM



♥ This is
the bathroom.





BEDROOM



♥ This is
my bedroom.





KITCHEN



♥ This is
the kitchen.





LIVING ROOM



♥ This is
the living room.





DOOR



This is
the door.





STOP



I need a
break.





WAIT



I can wait.
Good things
take time!





COME IN

♥ You are
welcome here! ♥





WELCOME HOME



♥ It's so good
to see you! ♥



♥ ☆ ✨ 🏠 ✨

QUIET AREA

..... ♥

Let's be calm,
take a break,
and relax. ♥



★ ♥ 🏠

BRUSH TEETH

..... ♥

Clean teeth,
healthy smile! ♥



1. GET TOOTHBRUSH



2. ADD TOOTHPASTE



3. BRUSH TEETH



4. RINSE MOUTH



5. SPIT



6. SMILE!



WASH HANDS

Clean hands keep
us healthy and strong! ♥



1. WET
hands



2. ADD SOAP
to hands



3. SCRUB
for 20 seconds



4. RINSE
well



5. DRY
hands



6. ALL DONE!
Nice job!



SAFE HANDS

I use safe hands
to keep myself and others safe! ♥



SAFE HANDS
MAKE HAPPY
FRIENDS!

1 HANDS TO MYSELF



I keep my hands
to myself. ♥

2 BE GENTLE



I use gentle touches
with others. ♥

3 HANDS ARE NOT FOR HITTING



I do not hit, push,
or hurt others. ♥

4 USE HANDS TO HELP



I use my hands
to help and share. ♥

5 SAFE HANDS MAKE EVERYONE HAPPY



Safe hands help me be
a good friend! ♥

★ ★ CAN DO IT! ♥ I AM PROUD OF MYSELF! ★ ★

★ ♥ 🏠 ♥ ★

SHOWER/ BATHTIME

..... ♥

Staying clean helps me feel good
and keeps my body healthy! ♥



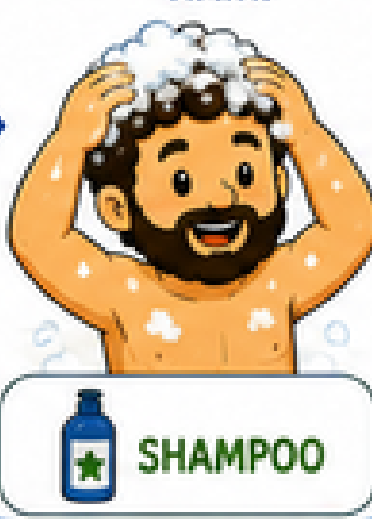
1 GET UNRESSED.



2 GET IN THE
SHOWER OR TUB.



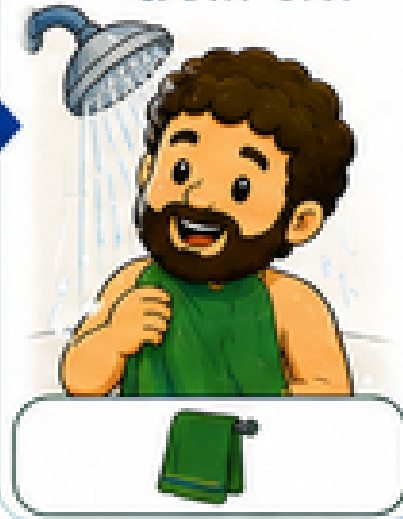
3 WASH MY
HAIR.



4 WASH MY
BODY.



5 RINSE OFF
& DRY OFF.



6 PUT ON PAJAMAS.
I'M ALL DONE!



★ I DID IT! I FEEL CLEAN AND READY FOR BED! GOOD JOB! ♥

SCHOOL TIME

I learn, make friends,
and do my best every day! ♥



1 GET READY.



2 GO TO SCHOOL.



3 LEARN AND PARTICIPATE.



4 PLAY AND TAKE BREAKS.



5 FINISH WORK AND PACK UP.



6 HOME TIME!
SEE YOU TOMORROW! ♥



★ I AM PROUD OF MYSELF FOR TRYING MY BEST! ♥

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★ I AM PROUD OF MYSELF FOR TRYING MY BEST! ♥

STORY TIME

Stories help us learn,
use our imagination,
and grow! ♥



1 FIND A
COZY SPOT.



2 GET OUR
BOOK.



3 SIT
TOGETHER.



4 READ AND
LISTEN.



5 TALK ABOUT
THE STORY.



6 ALL DONE!
GREAT JOB!



★ ♥ 🏠 ♥ ★

BEDTIME

..... ♥

A good night's sleep
helps me wake up happy
and ready for the day! ♥



★ ♥ Sweet dreams! ♥ ★

SNACK TIME

Healthy snacks give
me energy to play and learn! ♥



1 WASH
HANDS.



2 GET MY
SNACK.



3 EAT AND
ENJOY.



4 DRINK
WATER.



5 ALL DONE!
THANK YOU!



★ ♥ 🏠 ♥ ★

MEDICINE TIME

.....♥.....

Taking medicine helps
me feel my best! ♥



1 GET MY
MEDICINE.



2 CHECK WITH
MY GROWN-UP.



3 TAKE MY
MEDICINE.



4 DRINK
WATER.



5 ALL DONE!
GREAT JOB!



♥
REMEMBER:
I AM PROUD
OF ME!



WASH HANDS

Clean hands keep
us healthy and strong! ♥



1. WET
hands



2. ADD SOAP
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