

Now-Next Board System

- You should utilize the student's Now-Next token board for transitions throughout the day. This includes transitions from a break activity to a work activity.
- At the beginning of the day, start with the first activity on the schedule in the "Now" section and a break picture of their choosing in the "Next" section of the board. Choosing their own break makes it the most motivating.
- You should then show the student the board and say "First, we are going to do _____ and then we are going to have a break."
- You should reinforce appropriate transitions with behavior specific praise.
 - For example, "I like how you are coming to the table nicely."
- A small piece of a preferred snack can also be given to keep the students attention during the work task. Examples are an M&M, a skittle, a chip, part of a cookie, a gummy, and other small snacks.
- Once the student has finished their work session, you should give them enthusiastic verbal praise, such as "Great job reading your book! Now you may _____," while moving the break activity picture from the "Next" section to the "Now" section.
- The student should be allowed to access their break immediately after completing the designated activity.
- Once the student has begun their break or preferred activity, you should show them the board while telling them "Now we are on break and next we will be _____ to earn another break."
 - A timer should be utilized as a visual to show the student how much time they have left on break.
 - It may be helpful to provide a five minute and/or a one-minute warning before the next transition.
 - Before the timer goes off, move the next activity to the "Now" section and move the break picture back to the "Next" section.
- When the timer goes off, say "Now it is time to _____," while showing them the Now-Next board. Place the break picture in the "Next" section and repeat the steps above until the end of the day.

Now-Next Token System:

- Follow the procedures above with the addition of:
 - Provide the student with a token for appropriate behavior approximately every one to three minutes along with behavior specific praise. Tokens may also be periodically paired with an edible.
 - For example, you could say "Great job sitting nicely! Here is a token and an M&M for getting started."
 - During more difficult tasks the student should earn their tokens more quickly.
 - It is important that you give them all 5 tokens and allow them to assess break immediately after earning the 5th token. No more work should be asked of them after the 5th token is given until the next work session.