

# Now and Next Resource

## About the resource:

- The aim of the resource is to provide a visual prompt to help Makaton users to move on from one activity to another and to prepare them for what will happen next.
- The resource can also be used to show them that a preferred activity (one which they find motivating) will happen, but after something else, e.g. 'Now puzzle, next computer.'
- Knowing what to expect and when can help to reduce anxiety for some users.

## About the vocabulary:

- The symbols provided are only a sample of what language could be used, but are based on common activities that users will engage with at a setting.
- There are blank spaces provided to add your own drawings, pictures or photos.

## Who might benefit from this resource:

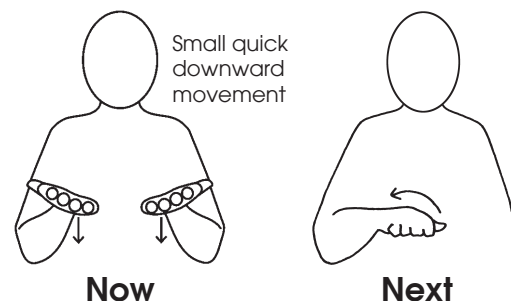
- A user who has difficulty finishing one activity and moving on to another.
- A user who has difficulty moving from a user led activity to an interactor led task.
- A user who is reluctant to participate in a particular activity, for example, messy play (in this case the second item on the board would be something which you know the user really enjoys).
- A user with limited attention skills.

## Developing practitioner's signing skills:

- Ensure all interactors are familiar with the signs and symbols before they start to use them.
- Practising regularly, for example in a team meeting, is a good idea to ensure everyone is signing consistently.

## Developing practitioner's signing skills cont.:

- Here are the signs for 'Now' and 'Next' for the interactors to use with the Now and Next Board...

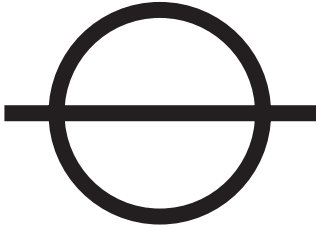


## How to use the resource:

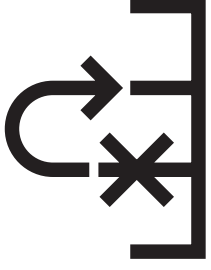
- Print the 'Now and Next' board and laminate if possible.
- Print the symbols/ sign sheets, double sided if possible (flip on the long edge), and cut along the dotted lines. If printing single sided, cut out each word and stick the sign on the back of its corresponding symbol to use as a prompt for the adult. These can then be laminated.
- It's very important that the signs and symbols are introduced to the user and talked about, using the signs for each symbol shown. This may need to be done in context when the user is engaged in the activity. Use appropriate signs for the user.
- Individual symbols can also be cut up to use as labels for resources/ activities, or for matching games, to help the user become familiar with them.
- The symbols can be placed or stuck (using blu-tac or Velcro) to show what is happening 'now' and what will happen 'next'.
- It is a good idea to point at the symbols and talk the user through 'now...' and 'next...'. The board can be placed near the user so they can refer to it.

## **How to use the resource cont.:**

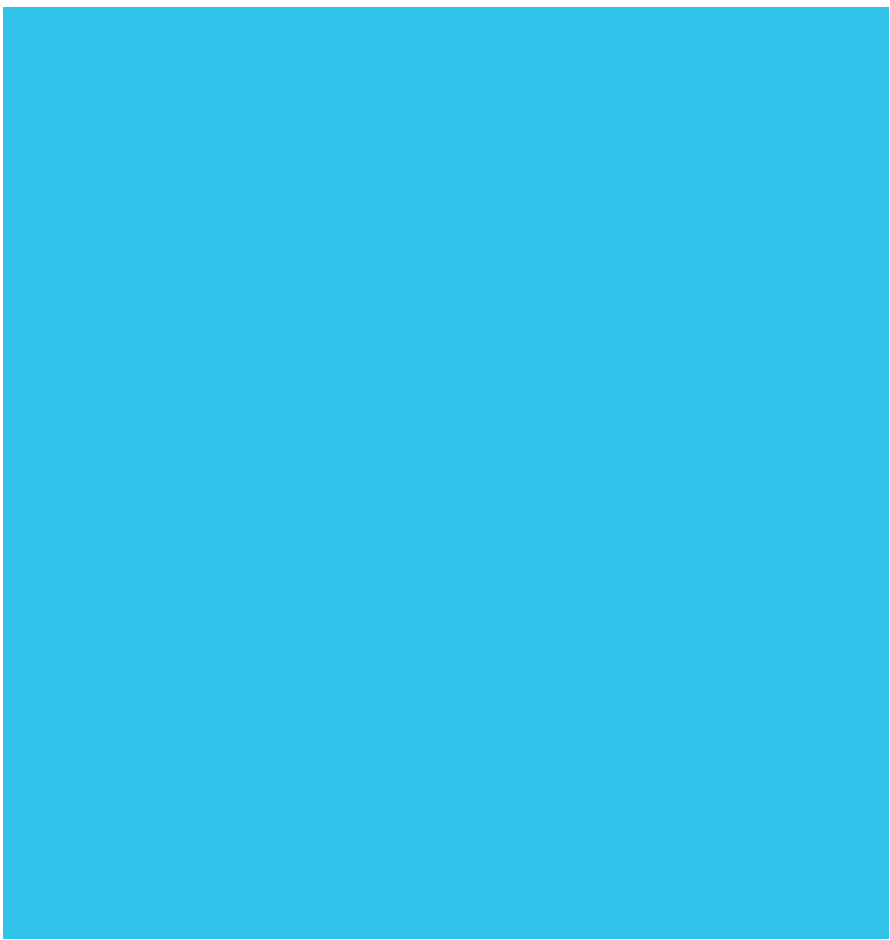
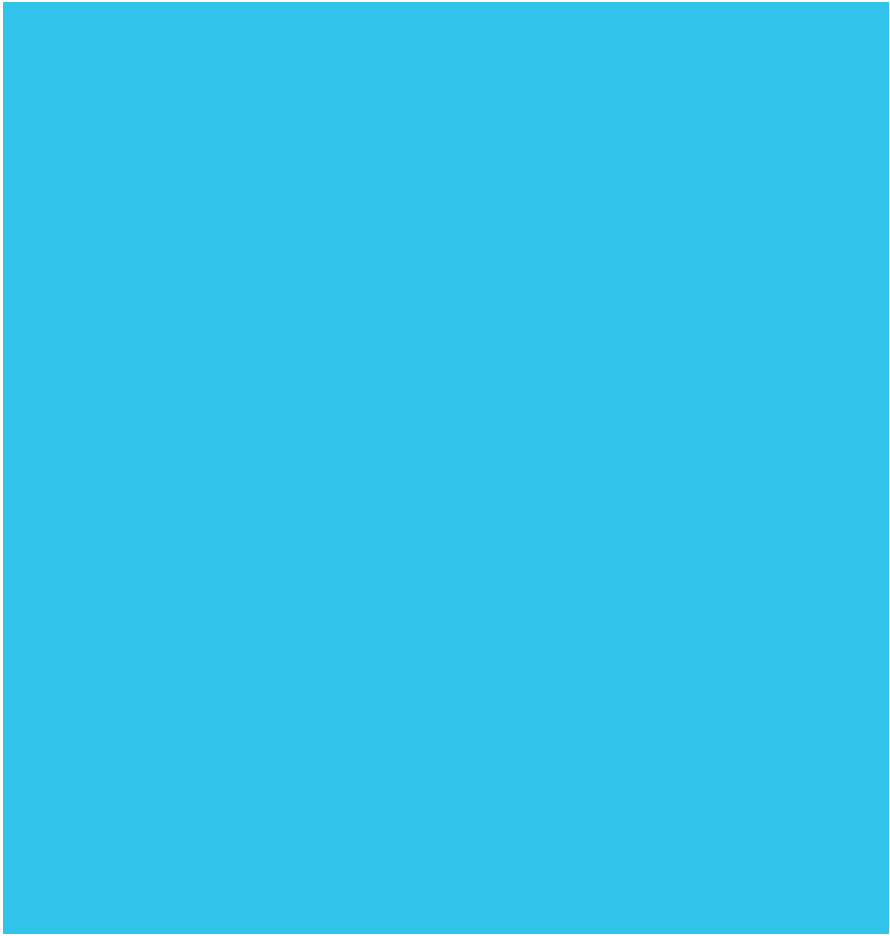
- Some users may benefit from a sand timer placed between 'now' and 'next' for some activities to enable them to see how long they must remain at a task.
- Once the 'now' activity is finished, encourage the user to take the symbol from the board to indicate it is 'finished'. Then look at the board together, point to the 'next' symbol and tell them what it is. Then move this activity to the 'now' position to show that is what you will be doing, and place a new symbol under 'next'.
- This can also be used portably, for example, outside, to indicate that 'play on the trikes is finished, next it's time for story'.



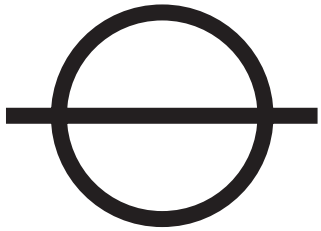
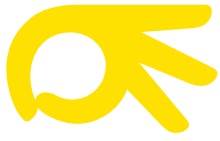
Now



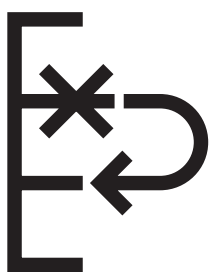
Next



Use with the symbol cards. Cut along dotted lines and place card, symbol side up, on appropriate board.



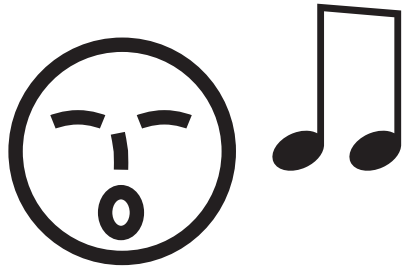
Now



Next



Use with the symbol cards. Cut along dotted lines and place card, symbol side up, on appropriate board.



To Sing



Home



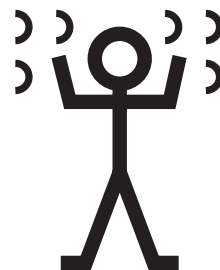
To Create/ Model



Music



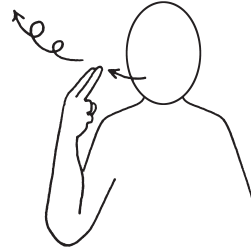
Register



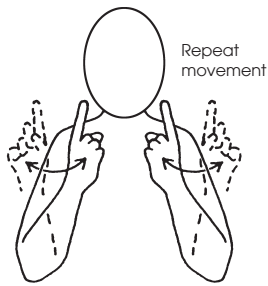
To Play



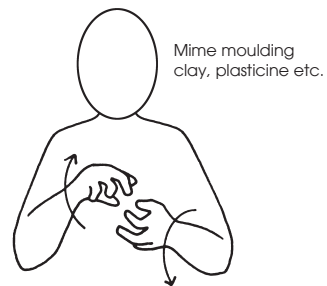
**Home**



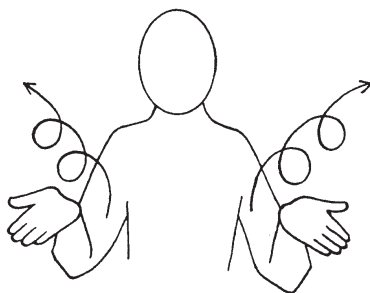
**To Sing**



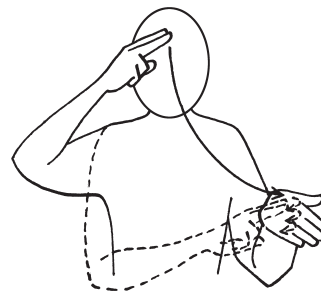
**Music**



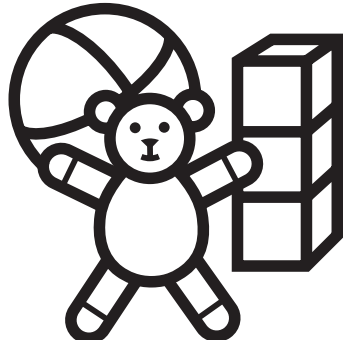
**To Create/ Model**



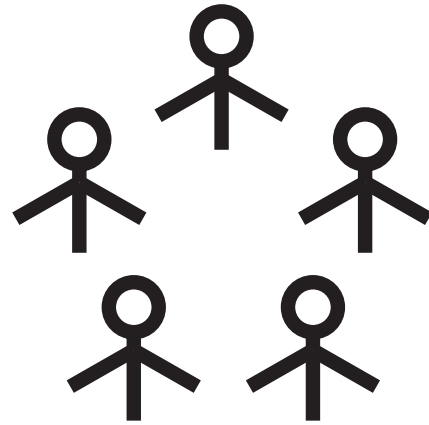
**To Play**



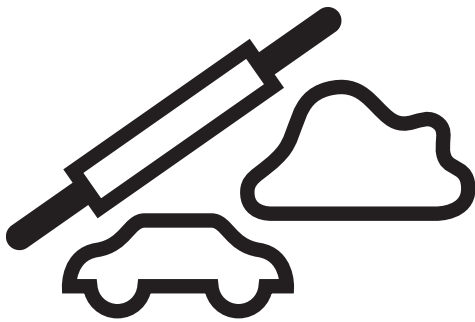
**Register**



Toys



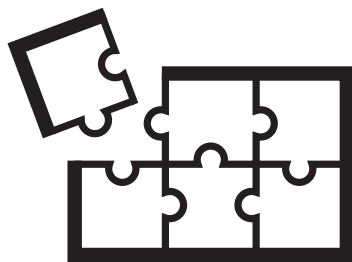
Circle Time



Play Dough



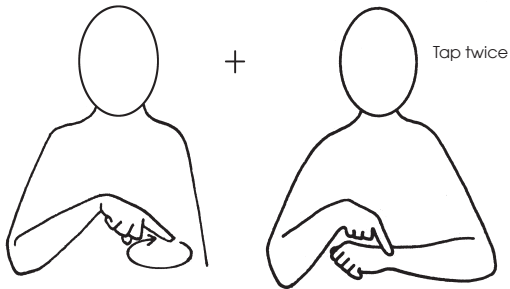
To Glue/ Stick



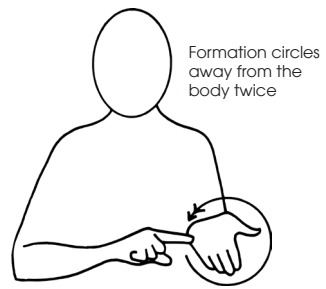
Puzzle



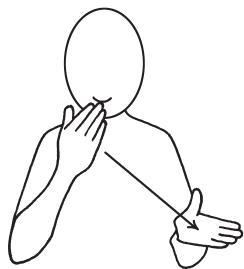
Computer



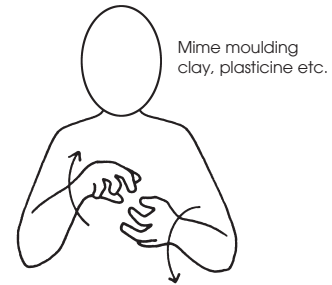
**Circle Time**



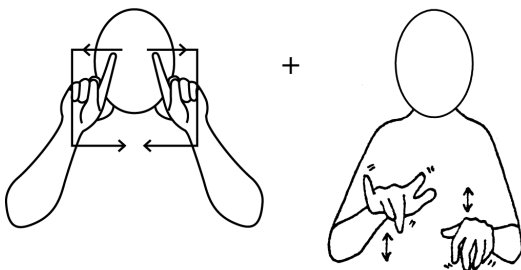
**Toys**



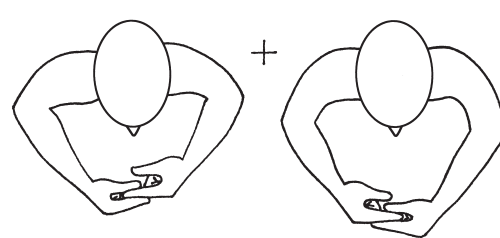
**To Glue/ Stick**



**Play Dough**

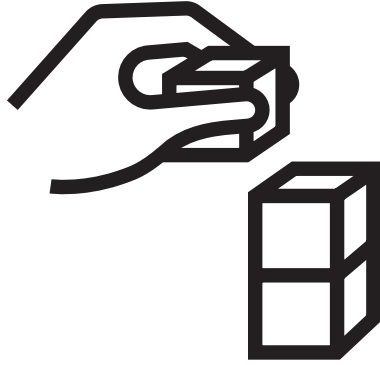


**Computer (2)**



**Puzzle**

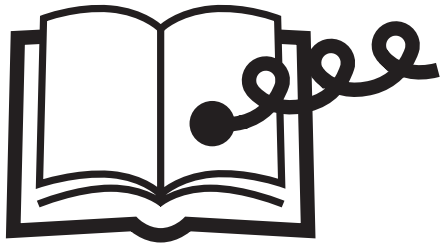




**To Build**



**Bricks**



**Story**



**Book**



**To Draw**



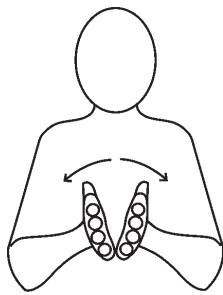
**To Read**



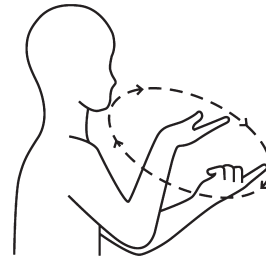
**Bricks**



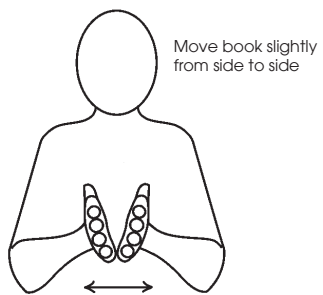
**To Build**



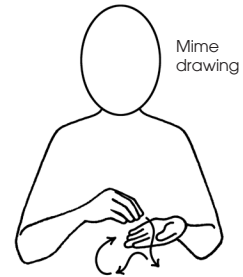
**Book**



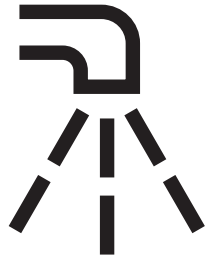
**Story**



**To Read**



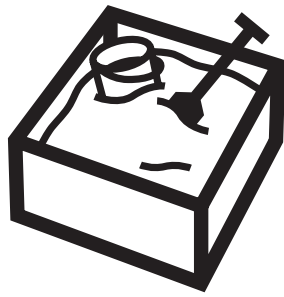
**To Draw**



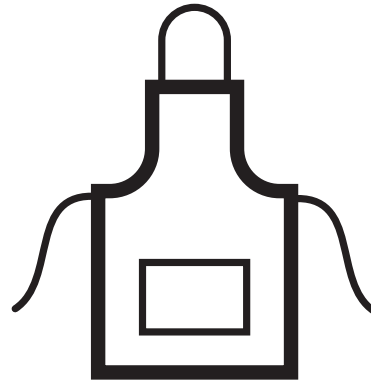
Water



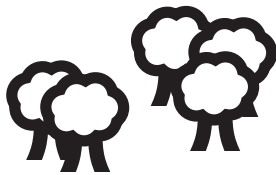
To Paint



Sand (2)



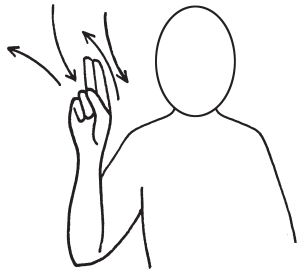
Apron



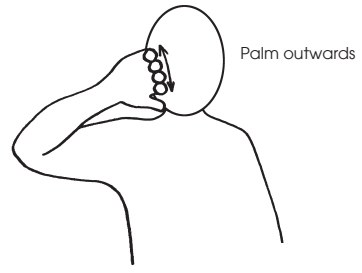
Forest



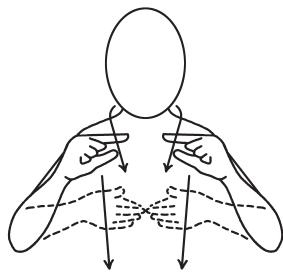
Outside



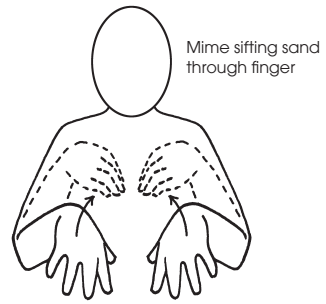
**To Paint**



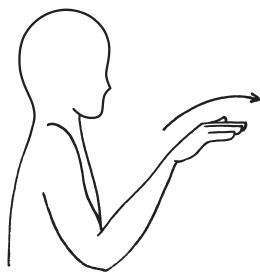
**Water**



**Apron**



**Sand**



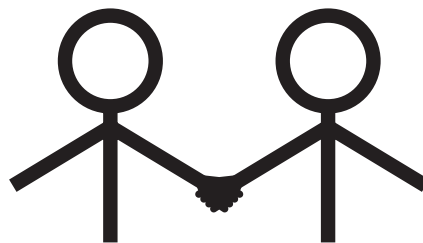
**Outside**



**Forest**



**To Walk**



**Hold Hands**



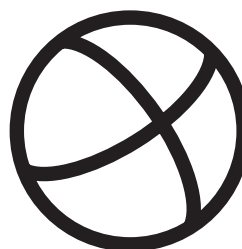
**To Climb**



**Tricycle**



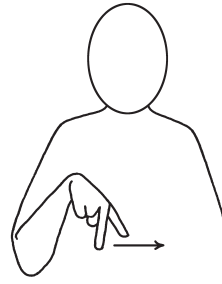
**To Run**



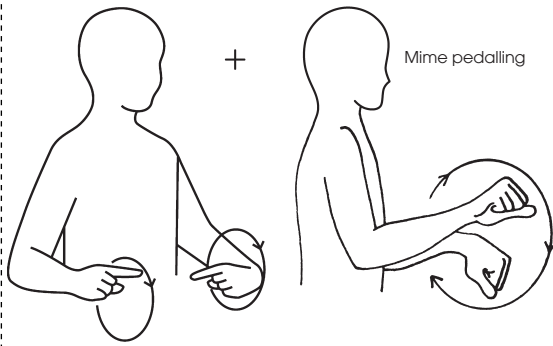
**Ball**



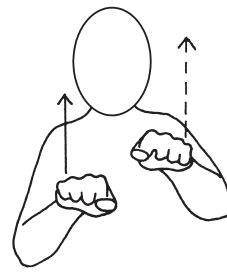
**To Hold Hands**



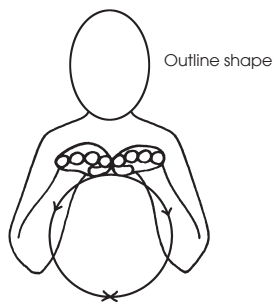
**To Walk**



**Tricycle**



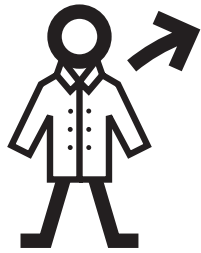
**To Climb (1)**



**Ball**



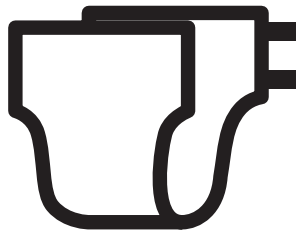
**To Run**



Coat Off



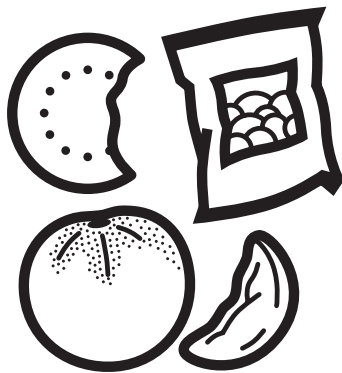
Coat On



Nappy



Toilet



Snack

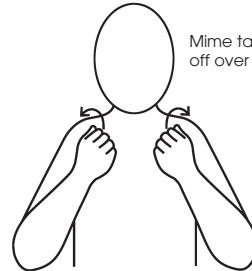


Wash Hands



Mime putting coat on over shoulders

**To Put Coat On**



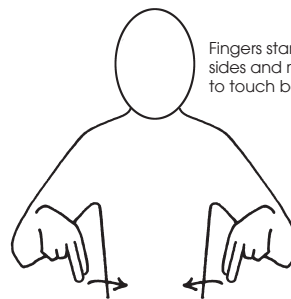
Mime taking coat off over shoulders

**To Take Coat Off**



Tip of middle finger makes contact with body and makes repeated movement

**Toilet (2)**



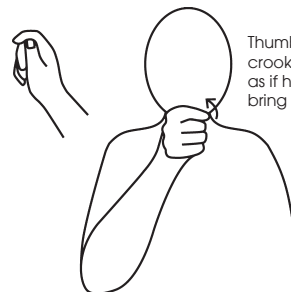
Fingers start at sides and move in to touch body

**Nappy**



Mime washing hands

**To Wash Hands**



Thumb tucks into crook of index finger as if holding a spoon, bring spoon to mouth

**Snack**

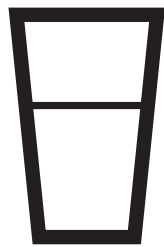




Dinner (1)



Fruit



A Drink of Water



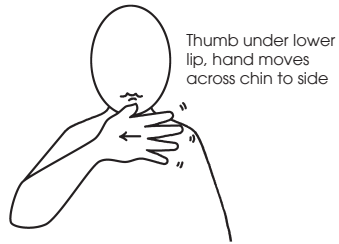
Lunch Box/ Packed Lunch



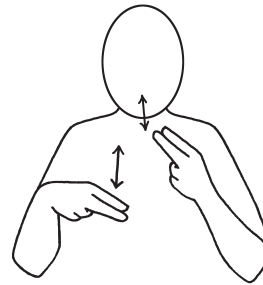
To Cook (3)



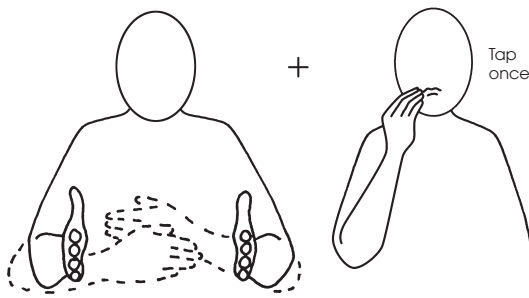
To Cook (1)



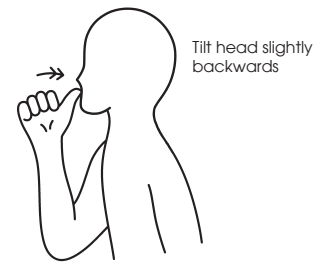
**Fruit**



**Dinner (1)**



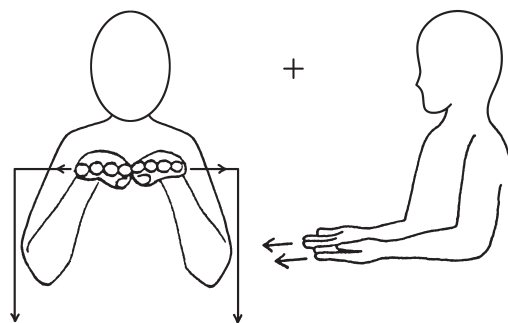
**Lunch Box/ Packed Lunch**



**A Drink of Water**



**To Cook (1)**



**To Cook (3)**

