

EATING AT THE TABLE



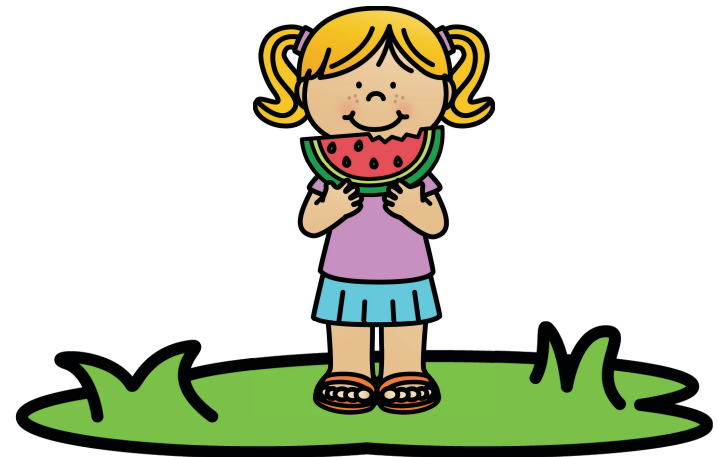
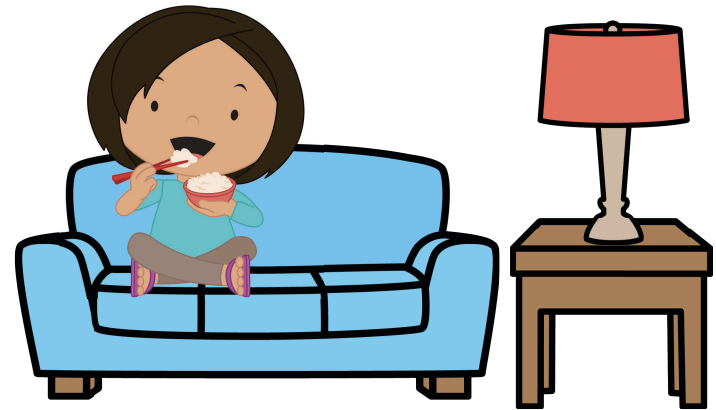
Most of the time, when I eat food,
I should sit at the table.

2

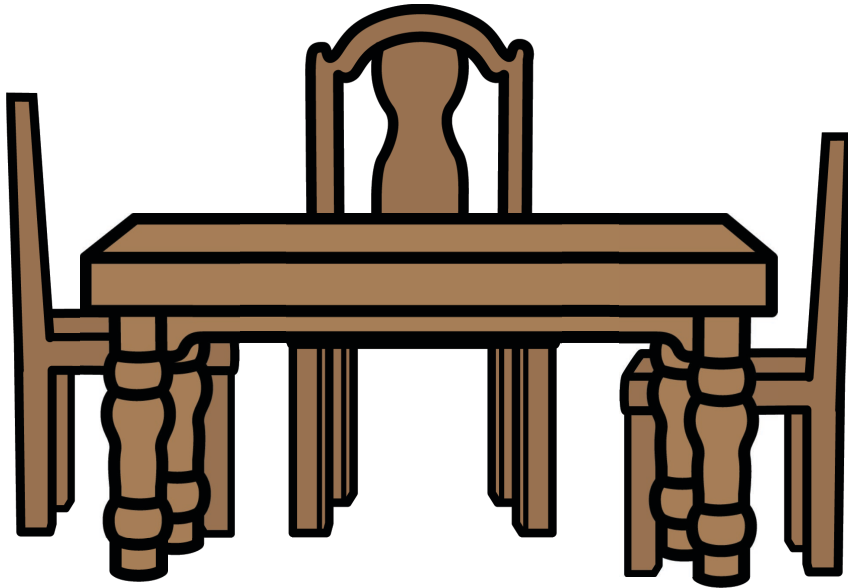


Most people sit at the table for meals like breakfast, lunch and dinner.

3



I might eat a snack in other places. This might be in the living room or outside.

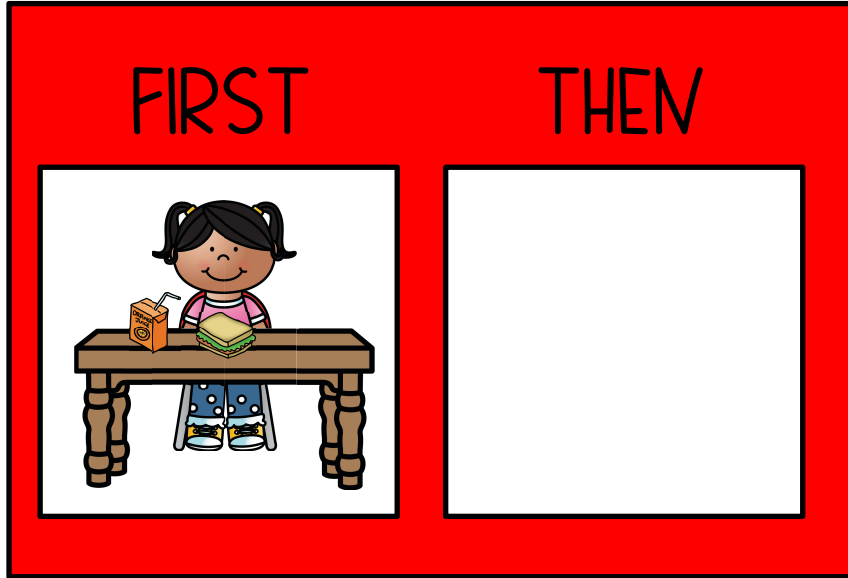


My mom, dad or other family member will tell me when I need to eat at the table and when I can eat somewhere else.



I need
a break

When I'm asked to eat at the table, I can try to stay there. If I need to move my body, I can ask for a break.



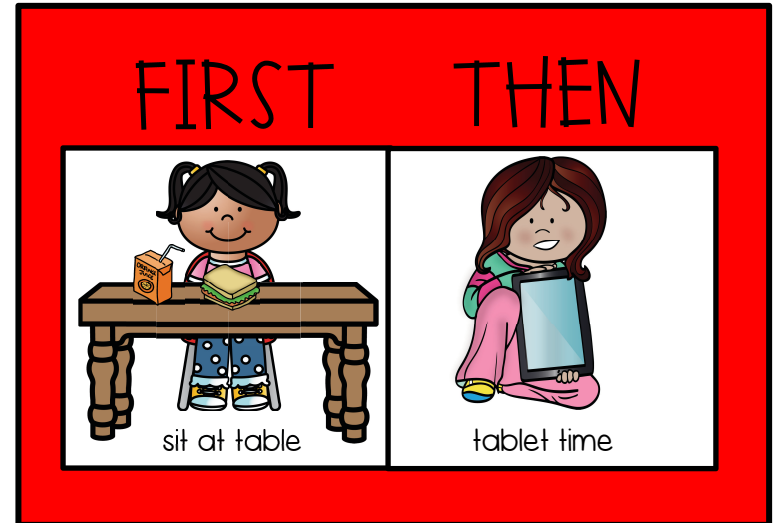
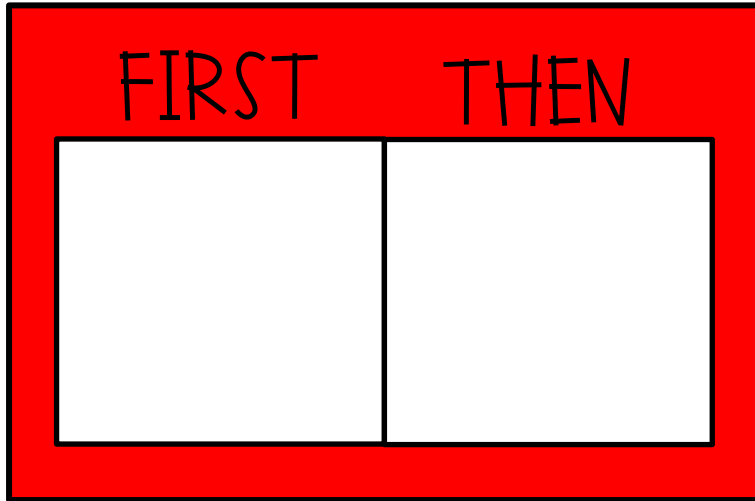
If it is hard for me to sit, my family
can tell me what I get to do next.
First sit at table, then _____.



Everyone will be so happy when
I sit with them at the table for meals!

FIRST – THEN BOARD

A first-then board provides children with information regarding what is going to be happening. Rather than a longer visual schedule, a first-then board keeps the expectation very simple. It often works very well when a child needs some motivation to do a less preferred activity. "First I do this, then I can do this"



cut these out and use for the first-then board

PICTURES TO USE WITH A FIRST-THEN BOARD



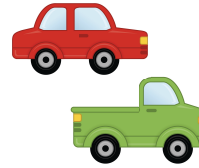
reading time



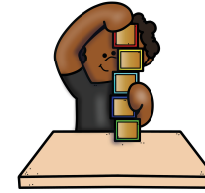
phone time



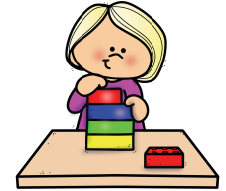
tablet time



toy cars



blocks



Legos



TV time



computer time



go for a walk



play-doh



exercise



drawing



ride bike



bubbles



playground



writing



swing



outside



car ride



play



ball



painting



cutting



ALL DONE

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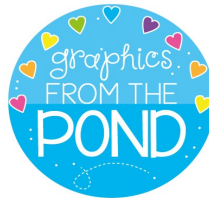


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WEBSITE/BLOG



Instagram

Credits



Thank you for purchasing this activity from my store! I hope you find these materials as useful as I have in my classroom. Be sure to come back for newly added products!

Thank
You!



Tara Tuchel, Speech/Language Pathologist