KHANYISA TOGETHER · PRINTABLE CAREGIVER TOOL

Now / Next Routine Card

Print and draw, write, or place simple pictures in each box to show what is happening now and what comes next.

Now

Draw, write a short word (e.g. "shoes"), or stick a picture here.

Next

Draw, write a short word (e.g. "car" or "play"), or stick a picture here.

Gentle ways to use this card

- Introduce a change ahead of time during a calm moment.
- Use short, consistent words at home and at school.
- Give extra time to look and adjust before moving on.

A question you can share with school

> *"Could we let each other know about upcoming changes, so we can prepare my child in a similar way at home and school?"*

When to speak to a professional

If changes regularly cause distress that affects sleep, eating, drinking, safety or joining in, speak with your child's doctor, therapist or teacher.

Khanyisa Together · Educational psychoeducational resource only — not medical advice, diagnosis or treatment. Keep personal health details private; this sheet is for your own everyday use.