

A CALM WAY TO SHOW WHAT COMES NEXT

now and next

A now and next board is a simple picture of what is happening now and what comes after. For a child who finds speech overwhelming, seeing the plan is often easier than hearing it. This is for you, the parent or carer, to use with your child.

**keep each box simple**

Use one picture, symbol, object or a single written word per box. Less to take in is easier, and clearer.

**point as you say it**

Point to each box and name it in short words, now snack, next park. Let the picture do the work, and keep your language brief.

**keep it honest**

Only put in what will really happen, and change the board as the day changes, so it stays something your child can trust.

print the next page

Fill the four boxes with pictures, symbols, objects or single words. Some children like to turn a box over, or move a picture, once something is finished, let them take part however suits them.

FOR THE DAY

today's plan

Draw a picture, place a symbol, or write one word in each box.

NOW



NEXT



THEN



LAST



ABOUT hushri

for anyone who finds the world too loud.

hushri is the human home for noise sensitivity and sensory difference — built from lived experience, in the belief that the problem is the world, not the people in it.

WHAT WE STAND FOR

Accessibility

Barriers removed, so support is easy to reach.

Honesty

We say what is true, clearly and without spin.

Respect

Every person met as they are, without judgement.

Friendliness

Warm, approachable, and never clinical.

Inclusivity

You are welcomed, represented, and made to belong.

Sincerity

We mean what we say, and we say it with care.

SCAN TO EXPLORE hushri



Read & explore

Guides, tools and support at
hushri.com



Watch & listen

Calming videos on
YouTube @hushri