

One Step at a Time

We are practicing one step today.

Today we are:

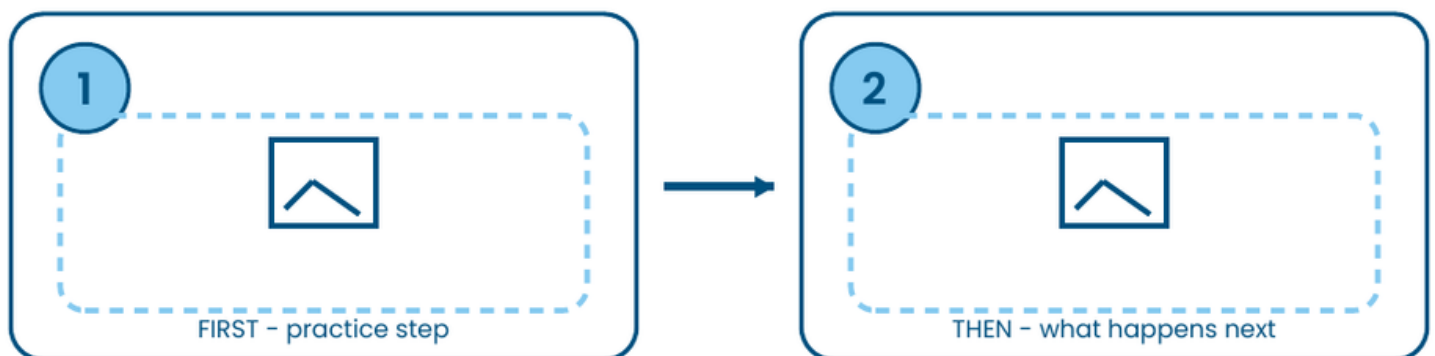


Add a photo or picture of the activity

The one step we are practicing:



Add a photo or picture of the practice step



One meaningful step is enough for today.



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ONE STEP AT A TIME

Everyday activities often contain more steps than we realize. This visual helps caregivers and loved ones focus on one meaningful step instead of trying to teach or complete an entire routine at once.

Caregivers can add personalized photographs, picture symbols, or written directions to show the activity, the step being practiced, and what will happen next.

HOW TO USE THIS VISUAL

1. Add a photograph or picture of the complete activity.
2. Identify the one step being practiced.
3. Add a picture or short direction representing that step.
4. Use the First and Then boxes to make the sequence clear.
5. Provide the support needed to complete or participate in the selected step.
6. Practice the same step again during another appropriate opportunity.

Success might mean attempting the step, participating with support, asking for help, or completing part of the step. One meaningful step can be a complete teaching goal.