



Welcome to Our Lesson!

In this lesson, we will explore the concept of times of the day through fun and interactive activities. Our goal is to help you understand the basic structure of a day and how different activities are associated with different times.

The times of the day are divided into three main categories: morning, afternoon, and evening. Each time of day has its unique characteristics, activities, and routines.

- **Morning:** The time of day when we wake up, have breakfast, and get ready for the day.
- **Afternoon:** The time of day when we play, have lunch, and take a nap.
- **Evening:** The time of day when we have dinner, read a book, and go to bed.

Activity 1: Times of the Day Sorting Game

Sort the following pictures into the correct time of day:

- Brushing teeth
- Eating lunch
- Playing outside
- Reading a book
- Having dinner

Activity 2: Daily Routine Sequencing

Put the following events in order:

1. Waking up
2. Eating breakfast
3. Playing outside
4. Having lunch
5. Taking a nap
6. Having dinner
7. Going to bed

Activity 3: What's the Time?

Look at the clock and tell us what time it is:

- 9:00 AM
- 12:00 PM
- 3:00 PM
- 6:00 PM
- 9:00 PM

Activity 4: Create a Daily Schedule

Create a daily schedule for yourself, including the times of day and the activities you do during each time.

Time	Activity

Activity 5: Times of the Day Charades

Act out the following times of day without speaking:

- Morning
- Afternoon
- Evening

Conclusion

We hope you had fun learning about the times of the day through these interactive activities! Remember, understanding the times of the day helps us develop a sense of time and how it is divided into manageable chunks.

Assessment:

1. Can you identify and name the three main times of the day?
2. Can you describe a simple daily routine, including activities such as waking up, eating meals, playing, and sleeping?
3. Can you sequence events in order, using transitional words like "first," "next," and "then"?

Extension Activities

Try these extension activities to further your learning:

1. Create a schedule for a stuffed animal or doll, including what time it wakes up, eats, plays, and goes to bed.
2. Design a daily routine chart for yourself or a family member, including what time you wake up, eat, play, and go to bed.
3. Write a short story about a character who goes through a typical day, highlighting the different activities they do at different times.

