

Introduction

This worksheet is designed to assess your understanding of the main times of the day, comprehending the sequence of morning, afternoon, and night, and recognizing daily routines associated with each time period.

Multiple Choice Questions

Choose the correct answer for each question:

1. What is the time of day when we usually have breakfast?
 - Morning
 - Afternoon
 - Night
2. Which of the following activities do we typically do in the afternoon?
 - Sleeping
 - Playing outside
 - Eating dinner

Short Answer Questions

Answer the following questions in complete sentences:

1. What do you do in the morning to get ready for the day?

2. Draw a picture of what you do at night before you go to sleep.

[Space for drawing]

Picture Matching

Match the daily routine pictures to the correct time of day:

Picture	Time of Day
Brushing teeth	Morning/Afternoon/Night
Eating lunch	Morning/Afternoon/Night
Playing with toys	Morning/Afternoon/Night
Having a bath	Morning/Afternoon/Night

Daily Routine Sequencing

Put the following daily routines in the correct order:

1. Wake up
2. Have breakfast
3. Play outside
4. Have lunch
5. Take a nap
6. Have dinner
7. Go to bed

Drawing Activity

Draw a picture of your daily routine. Label each activity with the time of day:

[Space for drawing]

Word Search

Find the following words related to daily routines:

- Morning
- Afternoon
- Night
- Breakfast
- Lunch
- Dinner
- Bedtime

[Word search puzzle]

Sentence Completion

Complete the following sentences:

1. In the morning, I _____.

2. In the afternoon, I _____.

3. At night, I _____.

True or False

Indicate whether each statement is true or false:

1. We have breakfast at night. (True or False)

2. We play outside in the morning. (True or False)

3. We go to bed in the afternoon. (True or False)

Daily Routine Chart

Create a chart to show your daily routine. Include the following activities:

- Wake up
- Breakfast
- Playtime
- Lunch
- Nap
- Dinner
- Bedtime

Activity	Time of Day
Wake up	Morning
Breakfast	Morning
Playtime	Afternoon
Lunch	Afternoon
Nap	Afternoon
Dinner	Night
Bedtime	Night

Assessment Conclusion

Congratulations! You have completed the My Day assessment. Remember to ask your teacher if you have any questions or need help with anything.

