

**Student Name:** \_\_\_\_\_

**Class:** \_\_\_\_\_

**Due Date:** \_\_\_\_\_

### Introduction

Welcome to Exploring Times of the Day! This activity is designed to help you learn about the different times of the day and the activities we do during those times. You will read a story, complete fun activities, and learn about daily routines.

## Story Time

Read the story "The Very Hungry Caterpillar" by Eric Carle with a parent or guardian. Look at the pictures and talk about what the caterpillar is doing at different times of the day.

As you read the story, think about the following questions:

- What is the caterpillar eating for breakfast?
- What is the caterpillar doing during the day?
- What is the caterpillar eating for dinner?

## Identifying Times of the Day

Look at the pictures from the story and identify what time of day the caterpillar is:

- Eating breakfast: \_\_\_\_\_
- Eating lunch: \_\_\_\_\_
- Eating dinner: \_\_\_\_\_
- Sleeping: \_\_\_\_\_

## Daily Routine Sequencing

### Activity 1: Sequence My Day

Cut out the pictures of daily activities (e.g., waking up, breakfast, lunch, dinner, bedtime) and sequence them in the correct order from morning to night. Glue the pictures onto a long piece of paper to create a timeline of your day.

Remember to include the following activities in your timeline:

- Waking up
- Breakfast
- Lunch
- Dinner
- Bedtime

## What Do I Do at This Time?

### Activity 2: Match the Time

Match the given times of the day with the appropriate activities:

- 7:00 AM: \_\_\_\_\_
- 12:00 PM: \_\_\_\_\_
- 6:00 PM: \_\_\_\_\_

Draw a picture or write a sentence about what you do at each of these times.



## Drawing My Daily Routine

### Activity 3: Draw My Day

Draw a picture of yourself doing something in the morning, afternoon, and evening. Write or dictate a short sentence about each activity.

Remember to include the following in your drawing:

- Morning activity
- Afternoon activity
- Evening activity

## Extension Activity

### Create a Clock

Draw a simple clock face and mark the times for breakfast, lunch, and dinner.

Remember to include the following times on your clock:

- Breakfast time
- Lunch time
- Dinner time

## Write a Story

Imagine You are the Caterpillar

Write or dictate a short story about your day, including what you eat and when you sleep.



## Reflection

What Did I Learn?

What did you learn today about times of the day? Can you tell me something new you learned from this activity?

## Conclusion

Congratulations!

You have completed the Exploring Times of the Day activity! Remember to discuss your learning with a parent or guardian and reflect on what you learned.