

## 9.6

# Understanding periods of time

### Why is this important?

Understanding milestones of time (e.g. days of the week, months of the year, seasons) provides structure and routine and helps children analyse what is a complex concept.

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### What to do

- Start with the days of the week: there are rhymes and songs to help remember the days.
  - Make a chart putting the days at the top.
  - Talk about what happens on the different days. Use the school-day and children's home-life experiences to pinpoint key events (e.g. there may be PE on a Monday, music on a Thursday, etc. At home there may be swimming on a Tuesday and a visit to Grandma on Sunday).
- Talk about Monday–Friday being 'school' days and Saturday–Sunday as 'home' days.
  - Use an arrow to point to what day it is and talk about key things that happened yesterday and events that are going to happen tomorrow.
  - Use photographs of the child engaging in activities to help him/her remember.
- [Days Of The Week Chart.docx](#)