

# Time passes

*Young children need to begin to understand that time passes and different events occur as this happens. e.g. it gets light, it gets dark, we eat certain meals at certain times. Also talking about the morning and afternoon and meal times is important.*



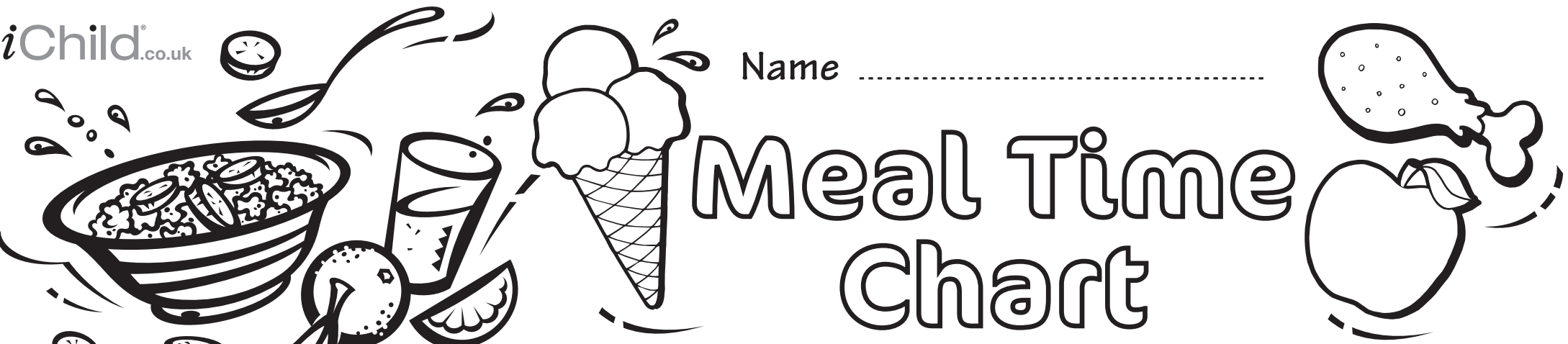
- 1 Set an egg timer. See what you can do before the sand runs out.
- 2 Draw some of the things you do during the day in order. Split them into morning and afternoon activities. Our 'Daily Routines' flash card activity within our flash cards section may be useful here.
- 3 Make a list of what you have for your breakfast, lunch and tea or dinner, using the chart supplied overleaf.
- 4 Sing or say rhymes linked with the passage of time e.g. Hickory Dickory Dock. Play some time related games e.g. What's the time Mr Wolf?
- 5 Make a simple diary of events over one week using the chart supplied.



*Please remember to recycle this activity*

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Name .....



# Meal Time Chart

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

What I had for Breakfast

What I had for Lunch

What I had for Tea

What I had for Dinner



Name .....

# My Diary of the week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

MORNING  
The weather was?  
I did?

LUNCHTIME  
The weather was?  
I did?

AFTERNOON  
The weather was?  
I did?

EVENING  
The weather was?  
I did?