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Metropolitan Borough of Rochdale

Education Committee

**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.**