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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.**