

Activity	Learning the time	
Key:	Due the various abilities of our children we have graded some of the activities into different levels.	Contact details:
Seeds		schools@cdssgroup.org.uk All Education Advocates access this email. Sarah Larkin (Cheshire West) Becky Harris (Cheshire West) Yvonne Edwardson (Cheshire East)
Saplings	Your child may access different levels depending on the activity as well as their ability.	
Trees		

Brief description of Activity

Learning to tell the time is a really important skill but it can be a little tricky. It can take a number of weeks and lots of repetition for your child to become confident telling the time, so please don't feel these activities should be completed quickly – rather take your 'time' with them! 😊

Activity – Seed, Saplings and Trees

Vocabulary

Chat about time during the day by introducing vocabulary like today, yesterday, tomorrow, now, afterwards, morning, afternoon and evening.

Days of the week

Teach the days of the week, yesterday, today and tomorrow by using the weekly circle resource attached. This moves the yesterday, today and tomorrow around to show which day it is. If your child regularly does something on that day, like DS Dance on Tuesday, you could add a picture or symbol to show it.



Long time/short time

Discuss daily activities with your child such as getting dressed. Does that take a long time or a short time? Driving to the shops, the home/school day, brushing teeth, eating a biscuit etc. This encourages your child to begin to have a feel for the passage of time. You might need to act out some of these activities with your child.

Setting a timer

Use a sand timer to brush teeth, set a timer when food is cooking, set an alarm on your phone for 10 min to show that time is up on a learning activity set by school.

Time for

Begin to draw your child's attention to the time by just talking about it. For example, "It's 5 o'clock now so time for your dinner" "It's 8 o'clock so time for bed".

Put a clock in your child's bedroom

Encourage your child's awareness of clocks by placing one in their bedroom and noticing with them what time they get up/go to bed etc.

Activity – Saplings

Ask your child for help

Ask your child to help you by letting you know when it is a certain time e.g. can they let you know when it is 1 o'clock because that is lunch time, can they let you know when it is 5.30 because there is a TV programme on that you would like to watch etc? Keep reminding your child that they are looking out for a certain time. To help them further, you could write the time down or draw it on a clock face.

Introducing clock hands

Introduce the clocks hands to your child. Tell them that they are called the minute hand and the hour hand to avoid confusion (the 'big' hand counts the small unit of time – minutes, and the 'small' hand counts the big unit of time – hours)

O'clock

Using a real clock with the front removed (if possible) or a toy clock/one you have made, explain that when the minute hand is pointing to the number 12 we say that it is o'clock. Show how to write o'clock. Explain that we say whatever number the hour hand is pointing to then o'clock when the minute hand points to 12. Go through each hour on the clock, moving the hour hand as you go and tell your child what time it is – 1 o'clock, 2 o'clock, 3 o'clock etc. Let your child practice moving the hour hand and tell them what time it is with each move. If you have Clicker sentences this has a document on time that you can use.



Introducing digital time

In life we use a digital time for things like timetables to catch the bus so reading the time with digital is very important. Once your child is confident with o'clock, explain that there is another way that you can write down o'clock and show them a digital clock if you have one / write down an example of digital time. Explain that we say it just the same, but can write it down as 1:00 or 2:00 etc but it means the same thing. Write down all the o'clocks in digital format again on pieces of card and tell your child the name of each one. Place them face down on a table and demonstrate choosing cards and saying the time on each one as you pick it. Put all the cards face down again and this time take turns picking cards and telling each other the time. Move the analogue clock hands to match each of the digital time cards you have picked and

emphasise that they mean the same thing. Show your child examples of where we see digital clocks e.g. on our mobile phones.

Half past

Show your child that when the minute hand is pointing to 6 on the analogue clock we say it is “half past” (half way around the clock face) and show your child how we write this down. Go through all the numbers on the clock as you did for o'clock and say the time with your child “Half past 1” “Half past two” etc.

Repeat all the activities for half past that you did for o'clock.

Activity –Trees

Counting

Encourage your child to practice counting to 12, to 30 and to 60 in whatever way they enjoy doing it. Can they recognise the numerals? You can use Numicon to support you if you wish.



Counting in 5s / 5 x table

Teach how to count in 5s using songs, dances or online games. Teach the 5 times table, first up to 30 then up to 60.

www.topmarks.co.uk has a good online game called Hit the Button to help learn times tables.

<https://www.topmarks.co.uk/time/teaching-clock>

Matching the cards

Play a game with your child using both sets of o'clock cards, digital and analogue. Lay out a choice of 4 at a time to begin with (2 digital and 2 analogue) and help your child to pick one to turn over and see if they can find the matching one. As your child gets better at the activity place more cards down together.

Using the analogy clock to show digital time

Digital analogue clock:



Stick with digital time on an analogy clock as it's language is much easier, especially for approaching the hour so 7.35, or 7.55, so they don't need the language of what it is to the hour and the concept of taking away.

Attachments

Clock resource 1.3i
Clock resource 1.3ii
Clock template
Digital-time-half-past-activity
Digital-time-o'clock-activity
O'clock-and-half-past-times-jigsaw
O'clock-Times-Bingo
Telling the time activity
Time
Yesterday-today-tomorrow-calendar

Cheshire Downs Syndrome Support Group

Registered Charity Number 1146127.

Website address: www.cheshiredownssyndrome.com

Phone number: 07518 590300

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