

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

Brief description of Activity

Let's learn the days of the week. At a time where every day seems to blend into one teaching children the days of the week is a great start to learning about the passage of time.

Activity: Seeds

Print out the days of the week and each morning show your child what day it is today. Let them know what is happening today, before they go to bed let them know what the day will be tomorrow. In the morning show them what the day was yesterday and today it is....

<https://www.youtube.com/watch?v=bYIQWWpZm08>

Makaton days of the week demonstrated by singing hands

<https://www.youtube.com/watch?v=CoR3zRL3ECc>

Days of the week Makaton song by singing hands.



Activity: Saplings

Display a weekly timetable and mark on any events. If your child is returning to school this may simply be which days they are attending. If there is an event you are looking forward to talk about how many sleeps it is until that day.

Start to look at the periods of time within a day and talk about morning, afternoon and evening.

You can complete a daily timetable if this helps to show the passage of time within a day.

Can you write down the days of the week using our look, cover and write worksheet? Alternatively, you can print out the days of the week and put them in the right order.

You can also make this fun by sticking the days of the week to the window with blu tac and seeing how quickly you can swap them to the other side in order as described in one of our previous activities.

Can you find the days of the week in the twinkl wordsearch?

Activity: Trees

<https://youtu.be/fSWfRL3LKm0>

Once the days of the week are known can your child tell you the day after Wednesday, the day before Tuesday. The you tube clip practises this skill.

Sometimes the days of the week are abbreviated, Mon, Tues, Wed, Thurs, Fri, Sat, Sun or M, T, W, Th, F, S, S point this out on calendars or timetables. Do they know which abbreviation refers to each day?

What happens on each day?

Can your child write a diary for a week?

There is an app called 3 good things, can you think of three good things that happened today? Record on the app or on a piece of paper to help focus on what was good about the day.

Week of: _____

Monday _____	Tuesday _____	Wednesday _____	Thursday _____
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Friday _____	Saturday _____	Sunday _____	Additional Notes
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Attachments:

Days of the week flashcards
 Wordsearch days of the week
 Weekly timetable x2
 Look, cover write days
 Cut and stick days of the week.

Cheshire Downs Syndrome Support Group

Registered Charity Number 1146127.

Website address: www.cheshiredownssyndrome.com

Phone number: 07518 590300

Support us at : www.justgiving.com/cheshiredownssyndrome/raisemoney