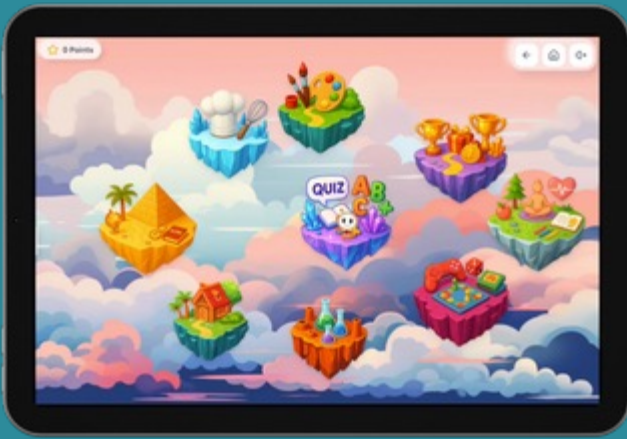


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Sequencing Days and Times - Foundation

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Our Week and Times of Day



Days repeat in order. Our routines happen at different times.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Morning



Daytime



Afternoon



Night



Yesterday, Today, Tomorrow

Place the day cards under the correct heading.



Yesterday



Today



Tomorrow



Monday



Tuesday



Wednesday



Thursday



Friday



Saturday



Sunday

Daily Routine Sequence Cards



wake up



get dressed



eat breakfast



go to school



eat lunch



play outside

Daily Routine Sequence Cards



go home



do homework



dinner



brush teeth



read a story



go to sleep



Weekday Trail

START

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Saturday

FINISH

Spin, move and say the day.



Weekday Trail:

Spinner and Challenge Cards

Spin and move.



Day after
Monday?



Day before
Friday?



Day after
Sunday?



Day before
Tuesday?



Name the
weekend days.



Say the days
in order.

First player to FINISH wins.



Time of Day Sort

Place each routine card where it belongs.

Morning



Daytime



Afternoon



Night



Time of Day Picture Cards

Cut out the cards. Place each card on the best time-of-day mat.



wake up



eat breakfast



go to school / do school work



eat lunch



play outside



go home

Time of Day Picture Cards

Cut out the cards. Place each card on the best time-of-day mat.



eat dinner



bathe



brush teeth



read a story



put on pyjamas



go to sleep

Name: _____



Days in Order

Write 1 to 7 to show the order of the day

Thursday

Monday

Sunday

Wednesday

Friday

Tuesday

Saturday

Name: ANSWERS



Days in Order

Write 1 to 7 to show the order of the day

Thursday

4

Monday

1

Sunday

7

Wednesday

3

Friday

5

Tuesday

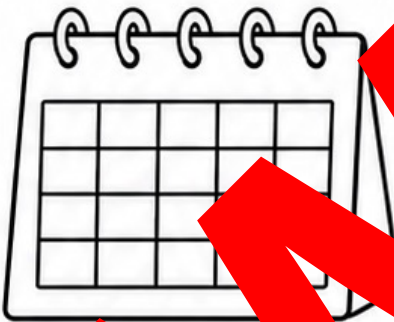
2

Saturday

6

Name: _____

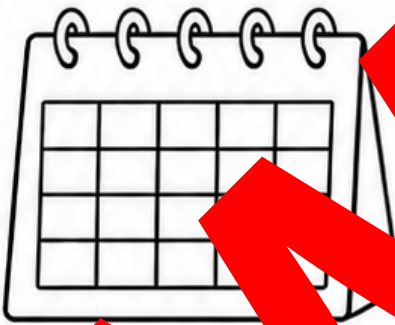
Before and After Days



Write the day before and the day after.

Before	Today	After
	Monday	
	Tuesday	
	Wednesday	
	Thursday	
	Friday	
	Saturday	
	Sunday	
	Monday	
	Tuesday	

Name: ANSWERS



Before and After Days

Write the day before and the day after.

Before	Today	After
Sunday	Monday	Tuesday
Tuesday	Wednesday	Thursday
Thursday	Friday	Saturday
Saturday	Sunday	Monday
Monday	Tuesday	Wednesday

Name: _____

My Morning and Night Routine

Draw what you do first, next and last.

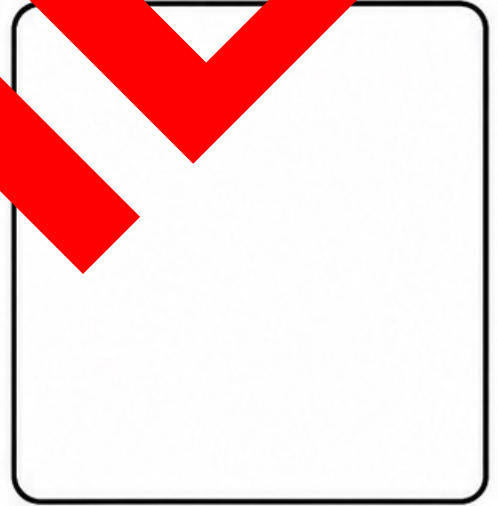
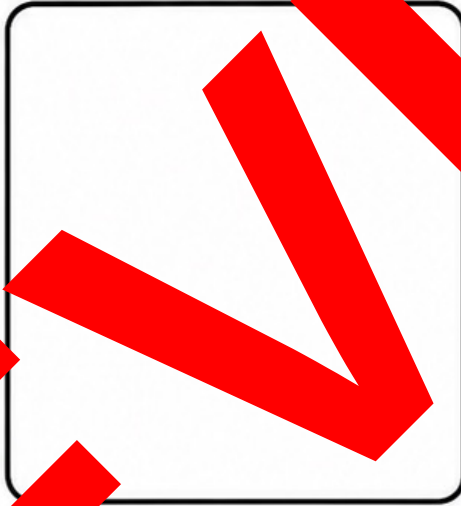
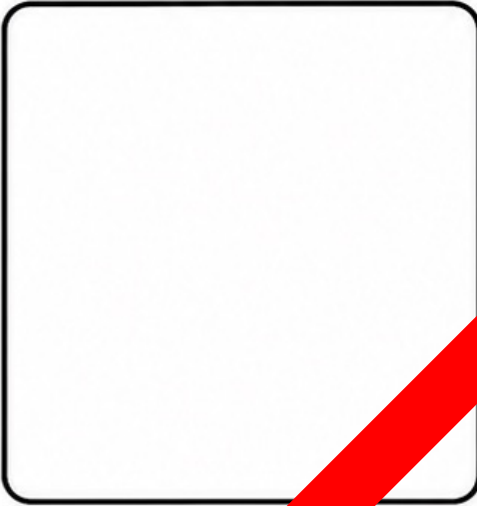
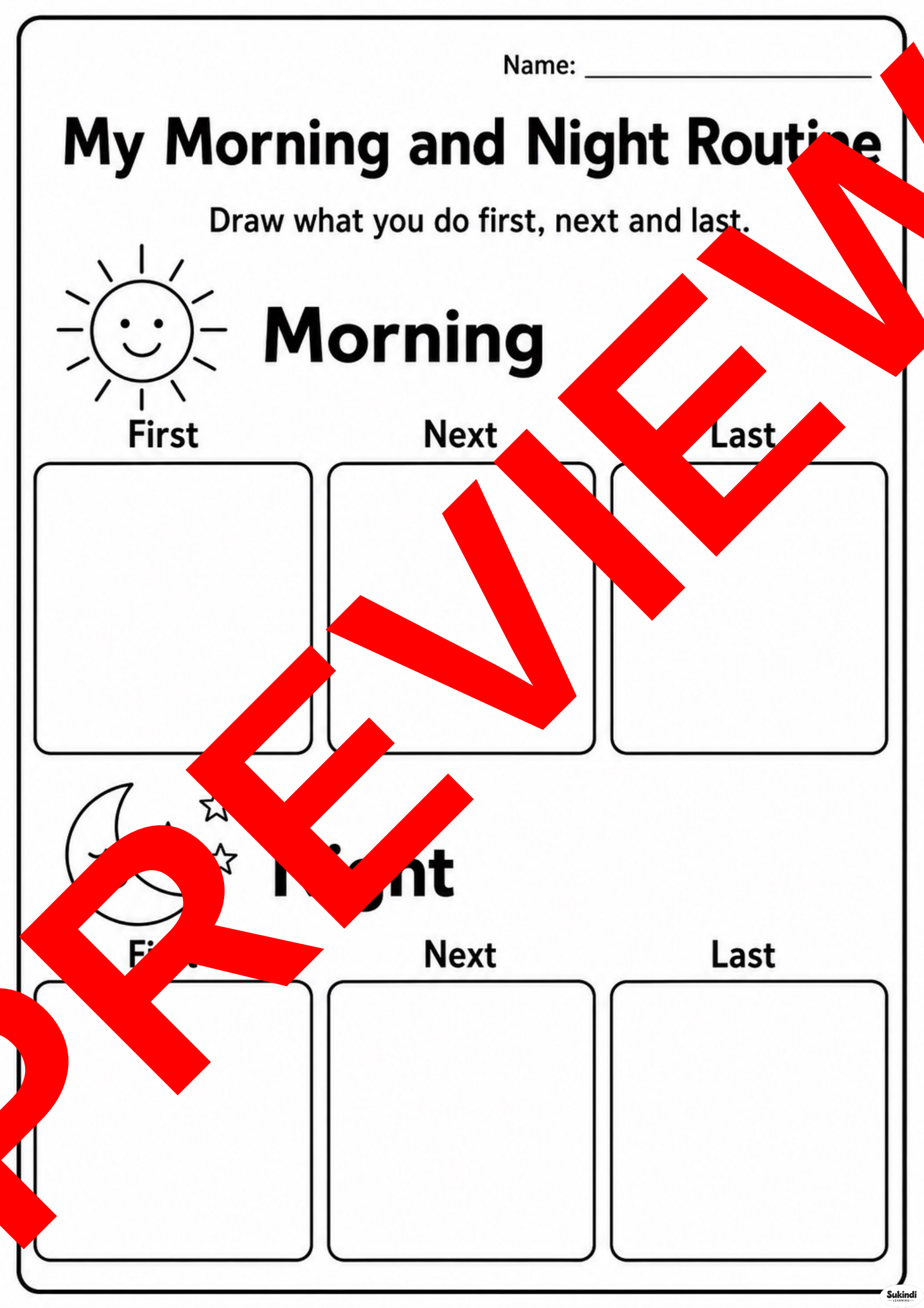


First

Morning

Next

Last

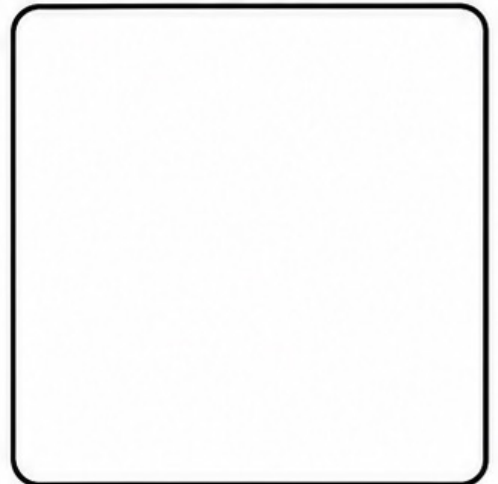
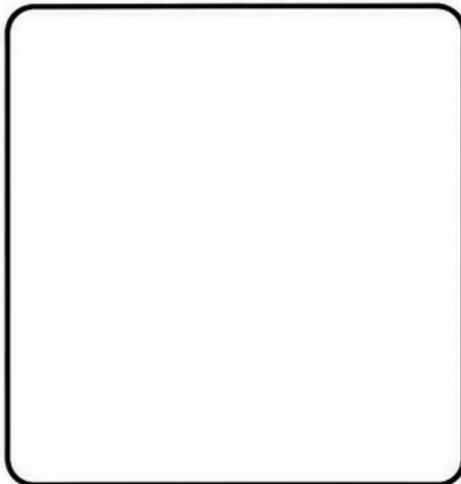
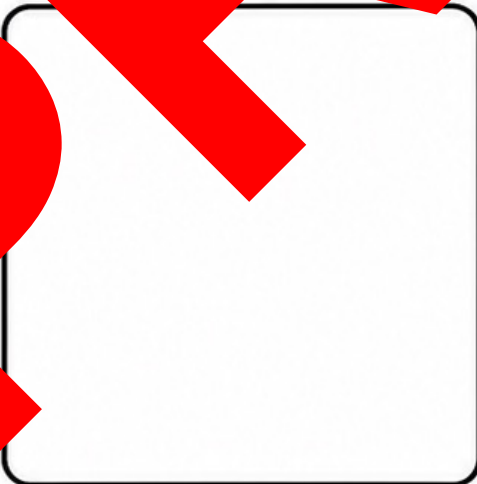


First

Night

Next

Last



Name: _____

Times of My Day

Cut and paste each picture into the best time of day.

Morning

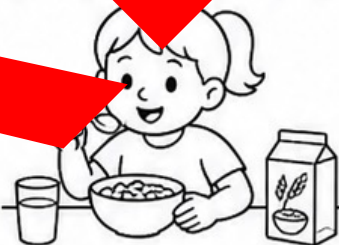
Daytime

Afternoon

Night



wake up



eat breakfast



school work



eat lunch



go home



play outside



eat dinner



go to sleep

Name: ANSWERS

Times of My Day

Cut and paste each picture into the best time of day.

Morning

wake up
eat breakfast

Daytime

school work
eat lunch

Afternoon

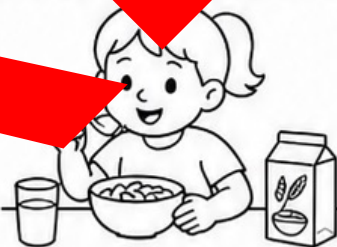
go home
play outside

Night

eat dinner
go to sleep



wake up



eat breakfast



school work



eat lunch



go home



play outside

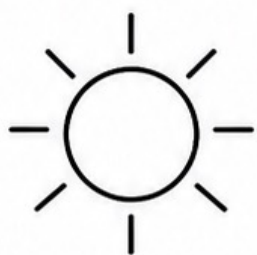


eat dinner



go to sleep

Name: _____



Day, Night or Both?

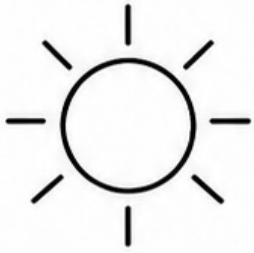


Write each activity in the best column.

eat breakfast	go to school	play outside
brush teeth	read a book	eat dinner
sleep	drink water	hug my family

Day	Night	Both
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Name: ANSWERS



Day, Night or Both?



Write each activity in the best column.

eat breakfast	go to school	play outside
brush teeth	read a book	eat dinner
sleep	drink water	hug my family

Day	Night	Both
eat breakfast	eat dinner	brush teeth
go to school	sleep	read a book
play outside		drink water
		hug my family

Name: _____

First, Next, Last

Write 1, 2 and 3 to show each routine in order.

Morning



go to school

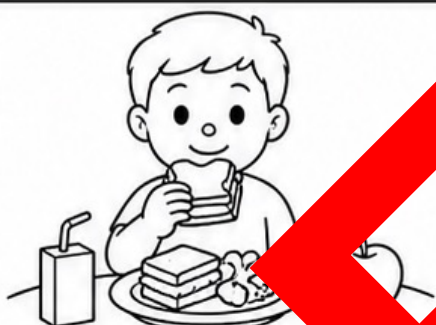


wake up

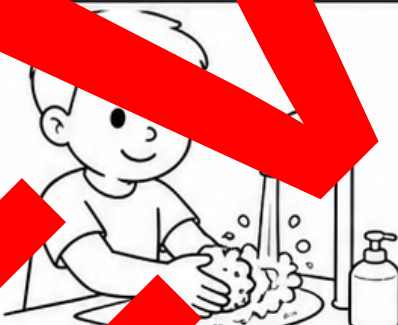


eat breakfast

Lunch



eat lunch



wash hands



open lunchbox

Bedtime



go to sleep



put on pyjamas



brush teeth

Name: ANSWERS

First, Next, Last

Write 1, 2 and 3 to show each routine in order.

Morning



go to school

3



wake up

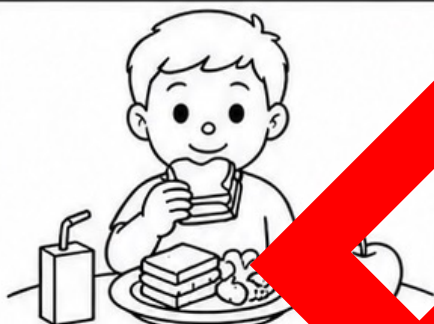
1



eat breakfast

2

Lunch



eat lunch

2



wash hands

1



open lunchbox

3

Bedtime



go to sleep

3



put on pyjamas

1



brush teeth

2

Name: _____



My Wonderful Week



Draw or write one special thing from each day.

Monday

Tuesday

Wednesday

Thursday



My Wonderful Week



Name: _____

Draw or write one special thing from each day.

Friday

Saturday

Sunday

My favourite day was _____ because _____.

Name: _____



My Week and Day Assessment

1. Put the days in order.

☐

Thursday

☐

Monday

☐

Sunday

☐

Wednesday

☐

Friday

☐

Tuesday

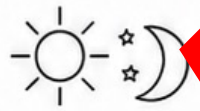
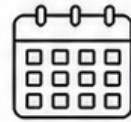
☐

Saturday

2. Write yesterday and tomorrow.

Yesterday	Today	Tomorrow
_____	Monday	_____
_____	Friday	_____
_____	Sunday	_____

Name: ANSWERS



My Week and Day Assessment

1. Put the days in order.

- 4 Thursday
- 1 Monday
- 7 Sunday
- 3 Wednesday
- 5 Friday
- 2 Tuesday
- 6 Saturday

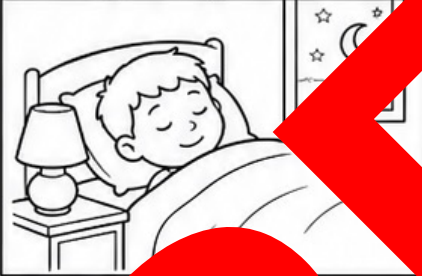
2. Write yesterday and tomorrow.

Yesterday	Today	Tomorrow
<u>Sunday</u>	Monday	<u>Tuesday</u>
<u>Thursday</u>	Friday	<u>Saturday</u>
<u>Saturday</u>	Sunday	<u>Monday</u>

Name: _____

My Week and Day Assessment

3. Circle the best time of day.

	wake up	Morning	Daytime	Afternoon	Night
	eat lunch	Morning	Daytime	Afternoon	Night
	go home	Morning	Daytime	Afternoon	Night
	go to sleep	Morning	Daytime	Afternoon	Night

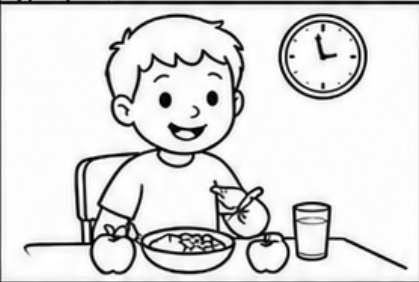
4. Write 1, 2 and 3 to show the order.

 go to school 	 wake up 	 eat breakfast
--	---	--

Name: ANSWERS

My Week and Day Assessment

3. Circle the best time of day.

	wake up	Morning	Daytime	Afternoon	Night
	eat lunch	Morning	Daytime	Afternoon	Night
	go home	Morning	Daytime	Afternoon	Night
	go to sleep	Morning	Daytime	Afternoon	Night

4. Write 1, 2 and 3 to show the order.

 go to school 3	 wake up 1	 eat breakfast 2
---	--	---

Sequencing Days and Times Rubric

Student: _____ Date: _____

Circle one level for each criterion.

Criterion	BEGINNING	DEVELOPING	ACHIEVING	CONFIDENT	EXCEEDING
Orders the seven days	☐	☐	☐	☐	☐
Names yesterday and tomorrow	☐	☐	☐	☐	☐
Matches events to a time of day	☐	☐	☐	☐	☐
Sequences a daily routine	☐	☐	☐	☐	☐
Explains thinking using day and time words	☐	☐	☐	☐	☐

Teacher notes:

Sequencing Days and Times



Learning Focus

We are learning to sequence days and familiar events.
We will use: before • after • yesterday • today • tomorrow



The Seven-Day Cycle

Monday → Tuesday → Wednesday → Thursday
Friday → Saturday → Sunday → back to Monday
The pattern repeats every week.



Weekdays and Weekend

Weekdays: Monday, Tuesday, Wednesday, Thursday, Friday

Weekend: Saturday and Sunday



Yesterday, Today, Tomorrow

Yesterday is the day before today.

Today is the day you are in now.

Tomorrow is the day after today.



Try It

Today is Monday.
What is tomorrow?



Answer

Tomorrow is Tuesday

Monday → Tuesday



Try It

Today is Sunday.
What did you do yesterday?



Answer

Yesterday was Saturday

Saturday → Sunday



Parts of the Day

Morning → Daytime → Afternoon → Night

Events happen in sensible time order.



Morning

The sun rises.

We wake up, get dressed and eat breakfast.



Daytime

The sun is high.
We learn, play and eat lunch.



Afternoon

The school day ends.

We go home, play and prepare for dinner.





Night

The sky becomes dark.
We brush our teeth, get ready, and go to sleep.



First, Next, Last

First tells what happened at the beginning.

Next tells what follows.

Last tells what happens at the end.



A School Morning

First: wake up

Next: eat breakfast

Last: go to school



One Day in a Week

Morning: eat breakfast

Daytime: go to school

Afternoon: go home

Night: go to sleep



Match the Event

Breakfast → Morning

Lunch → Daytime

Coming home → Afternoon

Sleeping → Night



Class Practice

Say the day before tomorrow.

Say the day after today.

Act out routine in first–next–last order.



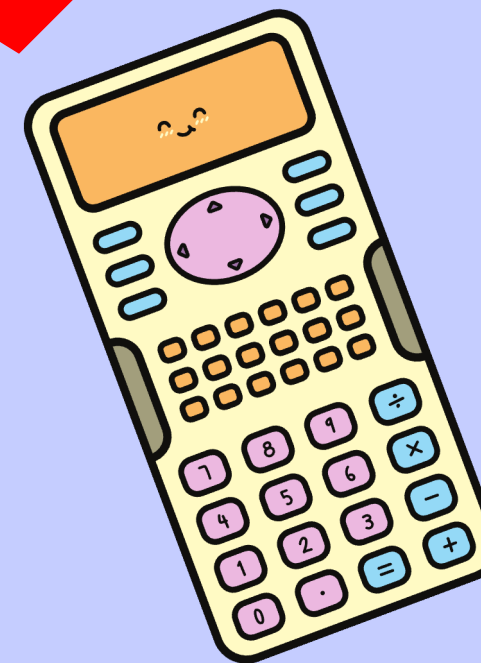
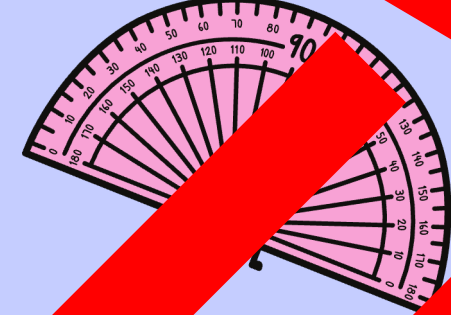
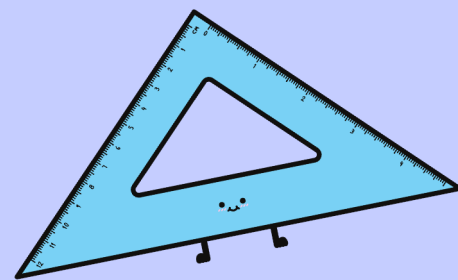
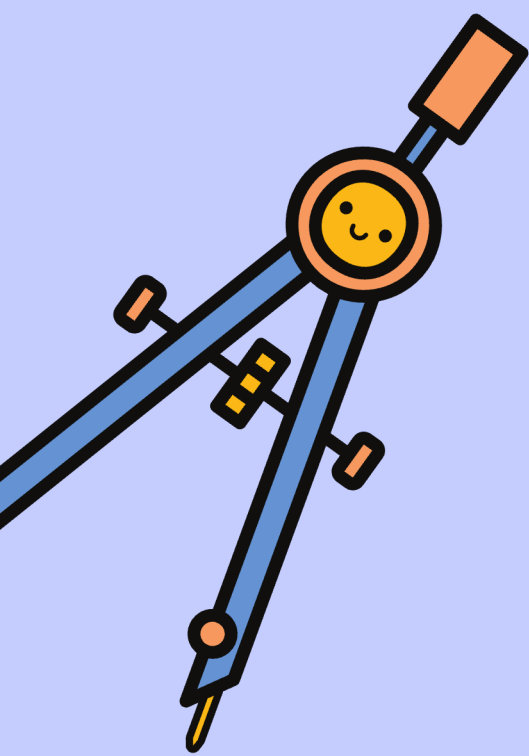
Remember

Days follow a repeating seven-day cycle.

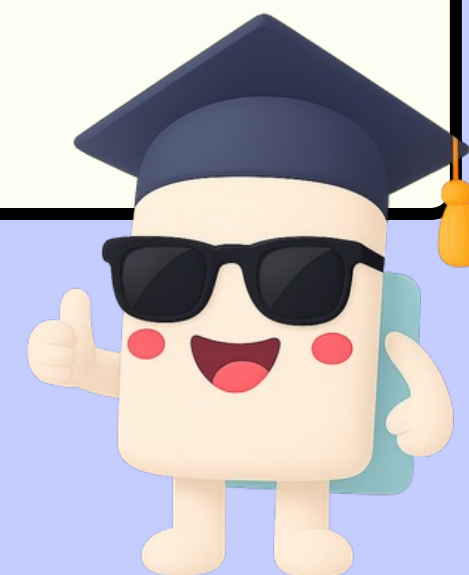
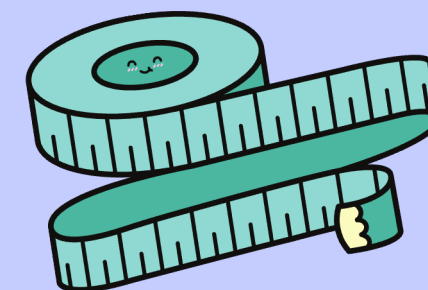
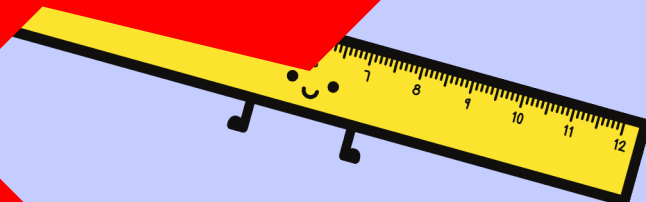
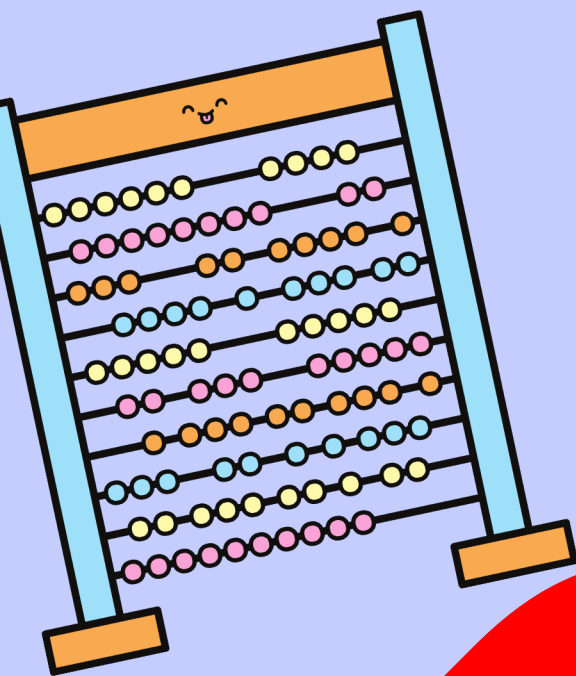
Yesterday comes before today, tomorrow comes after.

Daily events can be sequenced from morning to night.





Well Done!



Sequencing Dates and Times Quiz



Question 1

Which day comes after Monday?

A. Sunday

B. Tuesday

C. Friday

D. Saturday



Answer

B. Tuesday

Monday is followed by Tuesday.



Question 2

True or False?

Sunday comes before Monday
when the weekly cycle repeats.



Answer

True

Sunday is followed by Monday in the repeating week.



Question 3

Short answer

Which days comes before Friday?



Answer

Thursday

Thursday comes directly before Friday.



Question 11

Which two days make the weekend?

A. Monday and Tuesday

B. Wednesday and Thursday

C. Saturday and Sunday

D. Friday and Monday



Answer

C. Saturday and Sunday

Saturday and Sunday are the weekend.



Question 5

True or False?

Morning comes before afternoon.



Answer

True

Morning happiness is earlier in the day.



Question 6

When do we usually eat breakfast?

- A. Morning
- B. Daytime
- C. Afternoon
- D. Night



Answers

A. Morning

Breakfast is a morning routine.



Question 7

Short answer

What word means the day before today?



Answer

Yesterday

Yesterday is the day before today.



Question 8

Which school-morning order makes sense?

A. school, wake up, breakfast

B. wake up, breakfast, school

C. breakfast, school, wake up

D. wake up, school, breakfast



Answer

B. wake up, breakfast, school

We wake up, eat breakfast, then go to school.



Question

True or False?

Night comes after afternoon.



Answer

True

Afternoon is followed by evening and night.



Question 10

Short answer

Which day comes after Sunday?

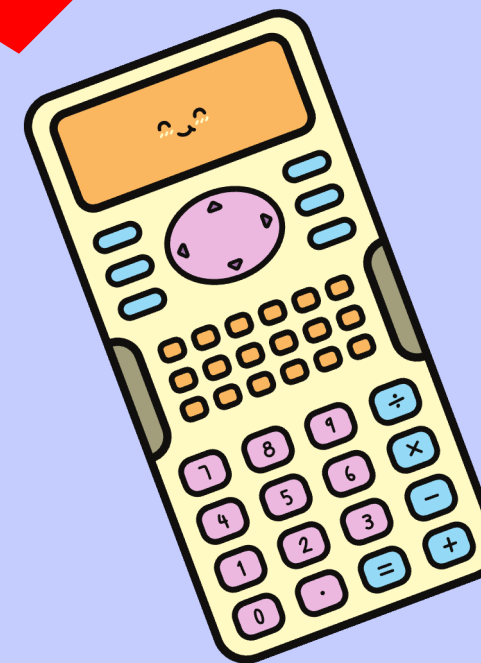
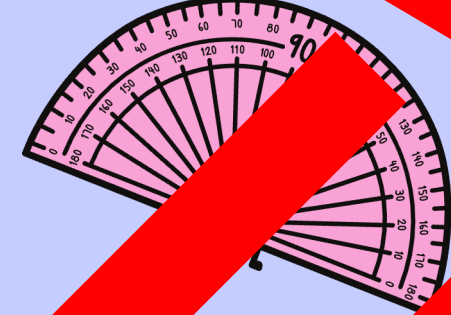
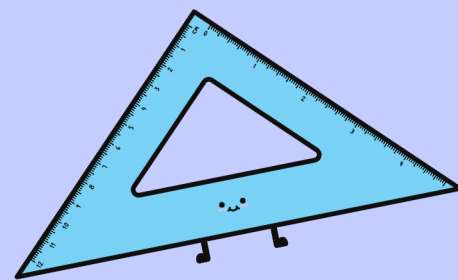
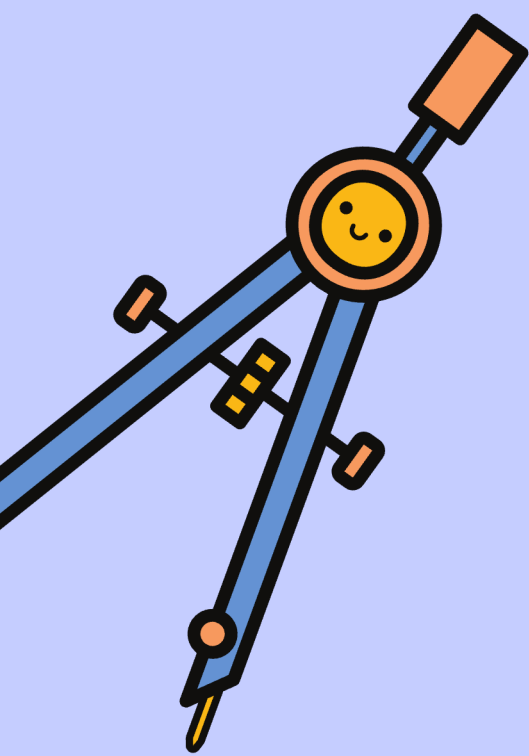


Answer

Monday

The weekly cycle consists of 7 days from Sunday to Monday.





Well Done!

