

My Day, In Order

Pre-Kindergarten

The shape of a day, drawn as steps a child can follow.

Every day goes in this order. Point to the step you are on right now.

1

WAKE UP

Get dressed, brush teeth, eat breakfast.

2

MORNING

Play, go out, or go to nursery.

3

LUNCH

Wash hands, sit down, eat together.

4

AFTERNOON

Rest, then play some more.

5

TEA TIME

Help lay the table, then eat.

6

BEDTIME

Bath, pyjamas, story, lights out.

Knowing what comes next is what makes a small person feel safe.