

My day

Date: _____

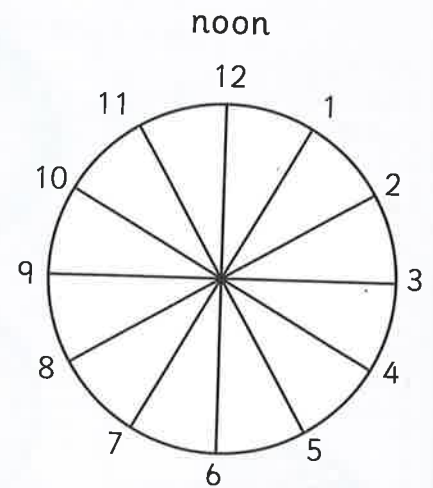
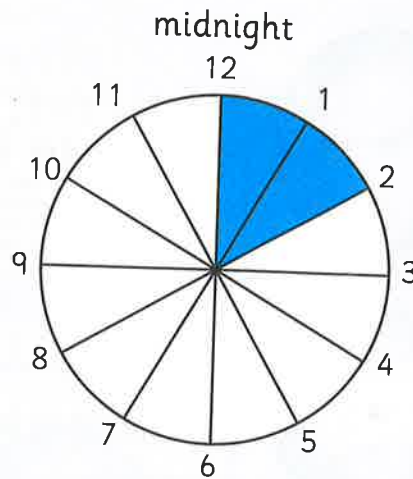
Know the number of hours in a day



You will need:

- coloured pencils

Key	
asleep	blue
eating	



How many hours were you asleep?

Other than sleeping, what did you do most of the time?

What did you spend the least amount of time doing?

What was your favourite thing that you did?

How long did you spend doing it?

Teacher's notes

Each segment of the clock represents 1 hour. The first clock starts at midnight, the second one at noon. Children choose a day to focus on and colour in the hours to represent what they were doing at that time on that day, completing the key at the same time. Hour segments could be split into half or quarter hours with a line from the edge of the circle to the middle. Children answer the questions about their day.