

# THE DAYS OF THE WEEK

## Lesson

When your child asks you when you are going to the beach and you say “on Saturday” that could feel like weeks away to your three year old. One way to help them better understand time is by teaching them the different days of the week. A great way to get started is by equating something special to a specific day such as spaghetti Wednesdays or the morning cartoons on Saturday.



## Music Time

A great way to teach the days of the week is by singing. This song focuses on one day at a time.

*(sing to Camptown Races)*

“Today is Monday all day long doo-dah doo-dah Today is Monday all day long all the doo dah day.”

Sing the song each day of the week, substituting in the correct day.

## Snack Time

Ingredients: Granola and yogurt.

Directions: Mix the granola into the yogurt of your choice and enjoy a great snack!



## Activity & Games

Making a calendar (3+)

Description: All you need is a piece of construction paper and markers. Make a grid with seven boxes across and five boxes down. Across the top, above the top boxes, write each day of the week. Add numbers representing the day of the month to the boxes to form a calendar. As you sing the song, point to the different days of the week. You can also keep this as a personal planner by writing in different events with your child.

Note: Be sure to include the month.

## Reading Time

- The Very Hungry Caterpillar, by Eric Carle
- Cookie's Week, by Cindy Ward, Tomie dePaola
- Today is Monday, by Eric Carle

