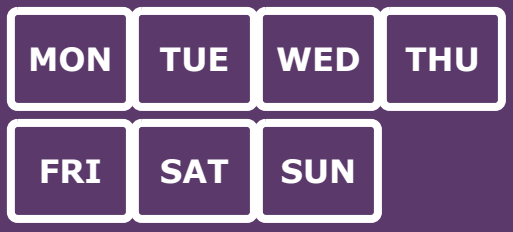
Cedarfield LEARNING

FREE SAMPLE

EVERYDAY SKILLS · SKILL PACK

Time and Routines



Days of the week and daily routines

Large print · One task per page · Hands-on with real objects · No screen

3 ACTIVITIES · FREE SAMPLE

1 **Days of the Week**

2 **Find the Day**

3 **Yesterday, Today, Tomorrow**

For teenagers and young adults learning foundational skills · cedarfieldlearning.com

How to Use This Book

For the adult

1. Use one page per sitting. Short and successful is better than long.
2. Gather the objects listed in the green box before you start.
3. Read the "Say" line aloud, calmly, in your own words if you prefer.
4. Let your learner touch, place and move the real objects. Pointing and saying the answer counts as much as writing.
5. If an answer is not right yet, stay calm: show the right answer, then do it again together. Give just enough help, and a little less next time.
6. Name what went well, briefly: "Good counting." Repeat a page as often as you like and stop on a success.
7. When a page goes well two or three times on different days, try the harder idea in the green box.
8. Supervise small objects (coins, buttons) if putting things in the mouth is a concern.
9. These are practice pages, not therapy. Print them again whenever you need.

Each page has two parts. The framed area is for your learner: one task, large print, lots of space. The green panel at the bottom is for you: what to gather, what to say, and how to make it easier or harder.

UNIT 5

Time and Routines

This unit practises identifying days of the week and the correct order of everyday morning and evening routines.

IN THIS UNIT

Days of the Week
Days of the week

Find the Day
Recognizing day names

Yesterday, Today, Tomorrow
Yesterday, today, tomorrow

UNIT 5

1 Days of the Week

Skill: Days of the week

About 5 min

MON	TUE	WED	THU

FRI	SAT	SUN

FOR THE ADULT

You need 1 coin or button

Say "Let's read the days together. Today is (say the day). Put the coin on today."

Hands-on Your learner listens, finds today's card, and places a coin on it.

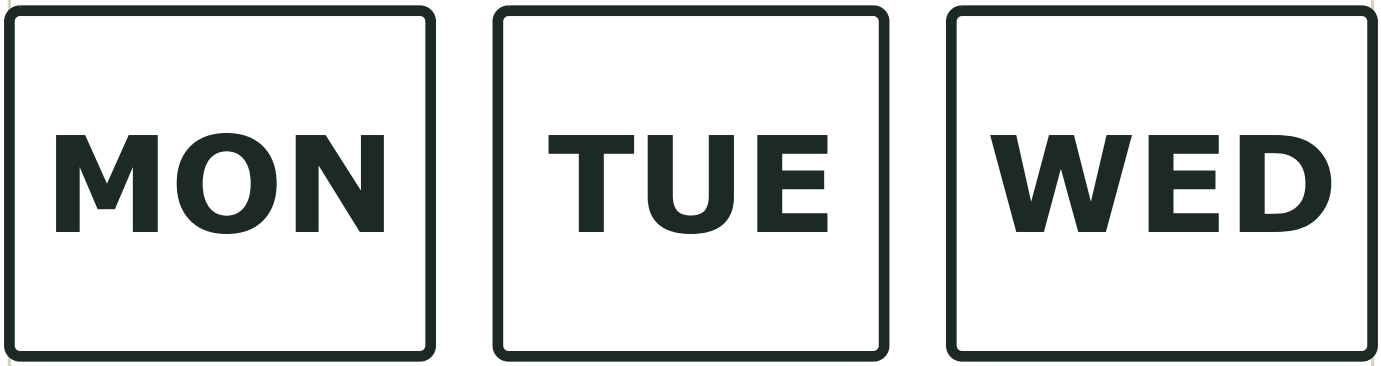
Adjust **Easier:** Point to today together first. **Harder:** Ask what day was yesterday.

UNIT 5

2 Find the Day

Skill: Recognizing day names

About 2 min, daily



FOR THE ADULT

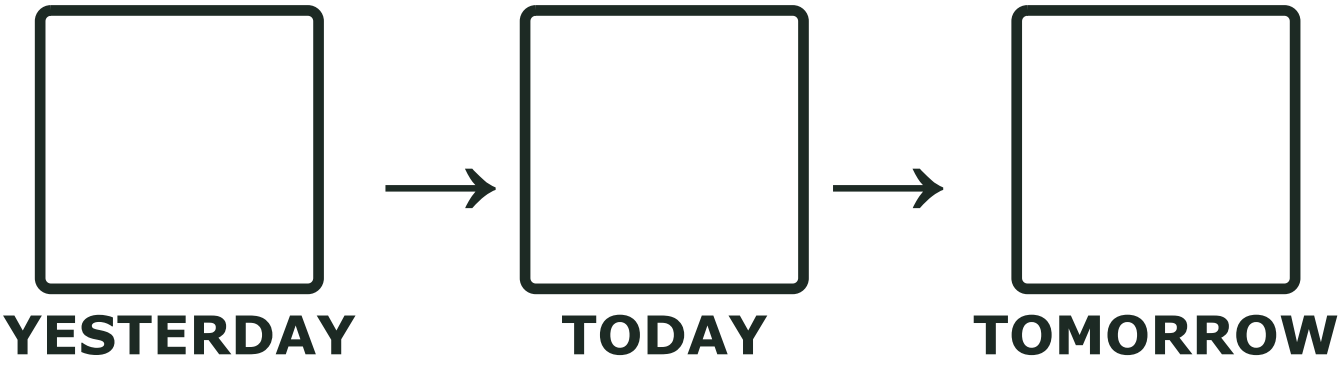
You need Nothing
Say "I will say a day. Point to it."
Hands-on Say MONDAY, TUESDAY or WEDNESDAY. Your learner listens and points to the matching card.
Adjust **Easier:** Use only two days. **Harder:** Ask: which day comes next?

UNIT 5

3 Yesterday, Today, Tomorrow

Skill: Yesterday, today, tomorrow

About 5 min



FOR THE ADULT

You need Paper and a pen to write 3 day names

Say "Put yesterday first, today in the middle, tomorrow last."

Hands-on Write yesterday, today and tomorrow on paper. Your learner places them in the boxes in order.

Adjust **Easier:** Use only today and tomorrow. **Harder:** Ask what day comes after tomorrow.

Progress Notes

Optional

A quick note after each sitting helps you see progress and choose the next page. Print this page again as needed.

Date	Activity	With help / On own	Notes

What Comes Next

This free sample shows 3 activities from **Time and Routines**. The full pack has 8 activities, each with the same calm, one-task layout, plus a progress page. Print these pages as often as you like.

The full packs and the complete Level 1 workbook are presented at **cedarfieldlearning.com/everyday-skills.html**. Tell us about your learner and we will suggest where to start.

Cedarfield LEARNING

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