

Reception

Our Day

Lesson 1

Learning Intention

To consider the routines and patterns of a typical day

Learning Outcomes

Understand some areas in which the children can look after themselves e.g. dressing and undressing

Resources

Glove puppet

[Our Day pictures](#)

Activities

1. Stand up, sit down

In a circle, ask the children to stand up and sit down again if a feature applies to them, e. g. stand up and sit down again if you are wearing something red. Continue using a few more statements such as stand up and sit down again if you are a girl/boy, have a sister/brother. Alternatively ask the children to put their finger on their nose if the feature applies to them.

2. Ground Rules

Stay in a circle and introduce your silly glove puppet. Explain that the silly puppet often gets things wrong and will need the children's help. Can the children tell the silly puppet what rules we need for behaving in a circle? i.e. look at and listen to the teacher, put your hand up to talk, sit with your legs crossed. Establish the ground rules for the session.

3. Our Day Mimes

Using the [Our Day pictures](#), display the 'sleeping' picture on the whiteboard. Ask the class to close their eyes and think about what happens when they first wake up in the morning. Ask the children to open their eyes and take turns to share their ideas with the group. For instance, what is the first meal of the day? Do they go to school in their pyjamas? Explain that the silly puppet often gets confused about what to do in the morning and ask the children to help it.

Model a mime for getting up in the morning and getting ready for school; this could include washing, brushing teeth, dressing, eating. Stop after each action and ask the children if they know what action is being mimed.

Ask the children to stand up and find a space in the room where they can see the teacher. Repeat the mime actions one at a time and ask the children to copy them. Extend the activity by asking one of the children to volunteer to do a mime. Ask the other children to guess what activity they are miming.

4. Sequence the Pictures

Choose a sequence of five or six pictures from the [Our Day pictures](#), which show what children might do when they get ready for school in the morning. Use pieces of blu-tack to stick the pictures onto the board or wall in a random order. Ask the children to help put the pictures in the right order, one picture at a time. Alternatively, use the last slide of the Our Day pictures and ask the children to move the pictures around on the whiteboard; make sure the pictures are in the wrong order to start with.

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Ask the children to now think about the sequence of activities involved when they get home from school e.g. eat dinner, play, get undressed, wash/brush teeth, toilet, go to bed. Use the pictures to explain how our routine for going to bed in the evening is almost the same as our routine for getting up in the morning but in reverse order.

5. Review and Close

Ask the class which activities they can do on their own and which activities they need help with.

Finish with the standing up and sitting down game using examples such as stand up and sit down if you wear pyjamas / brush your teeth by yourself / help make breakfast / wash your hands after going to the toilet.

Additional Activities

Picture Line

Choose a sequence of five or six pictures from the [Our Day pictures](#), which show what children might do when they get ready for school in the morning. Ask a small group of children to stand at the front of the class in a line and give them a picture each to hold up. Ask the other children to suggest who needs to swap places to get the sequence in the right order.