

OUR HOURS – *My Day in Pictures* **Daily Planner for Kids**

Here's how to create your own *Our Hours* book with your child.

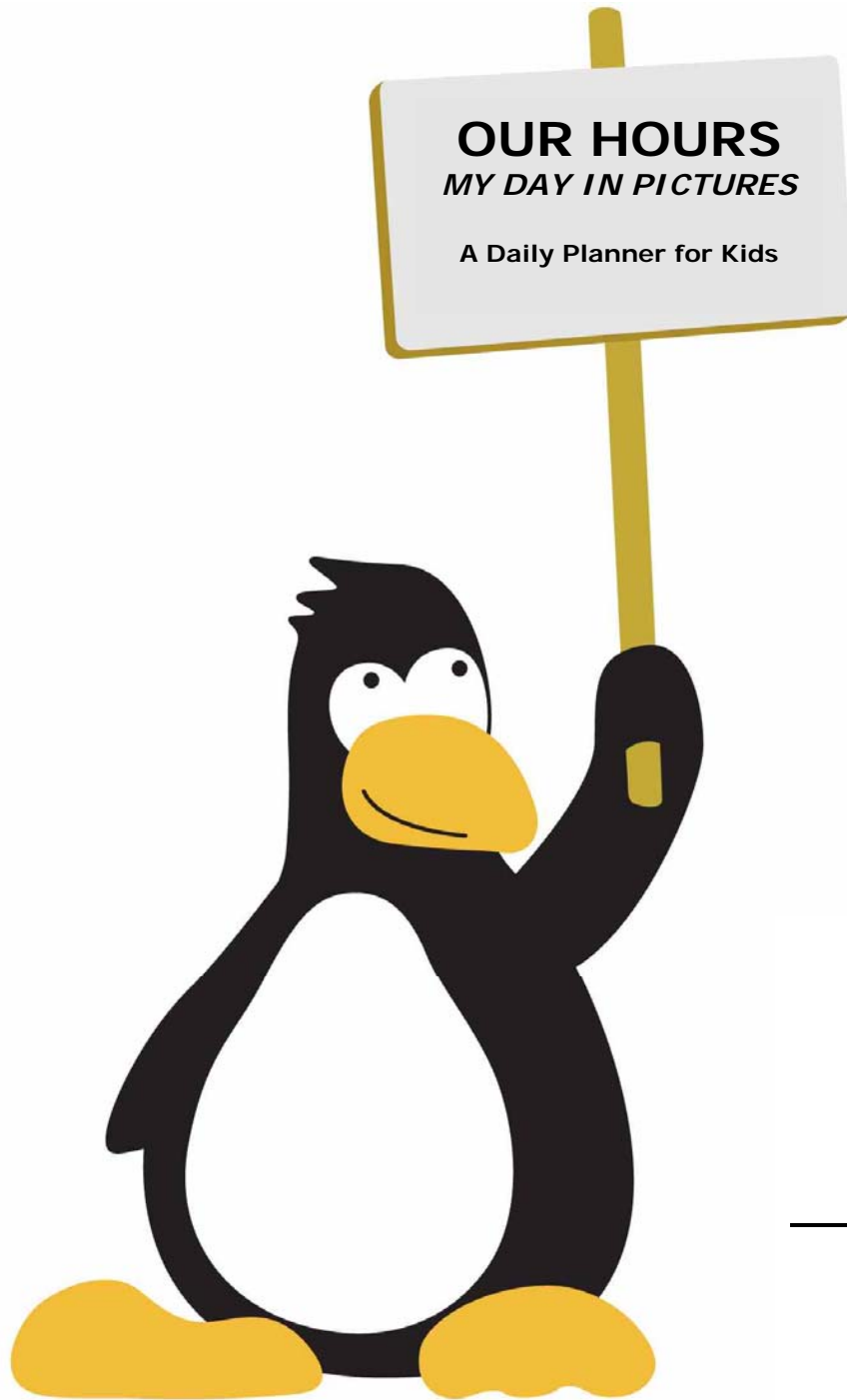
1. List 3-5 activities that your child does during the course of the day. Be sure to include simple activities that you may take for granted.

Examples: wake up, get dressed, brush teeth, eat breakfast, walk the dog, get on the bus, reading time, math time, recess, lunch time, spelling practice, get on the bus, snack time, play time, clean up time, dinner time, story time, put on pajamas, brush teeth, bedtime.

2. For older children, the list can be longer. Include special activities that don't occur every day, like t-ball practice on Tuesdays at 4:00.
3. Take photos of your child doing each activity -- or have your child draw a picture for each one.
4. Using one page for each activity, attach the photos and drawings within the green squares.
5. With your child, think of a short description for each activity and write it in the space provided on the page. We've included some examples as well as some blank pages for you to use.
6. With your child, draw in the hands on the clock and discuss the time.
7. Put the pages together to create a personalized book that you can read with your child.

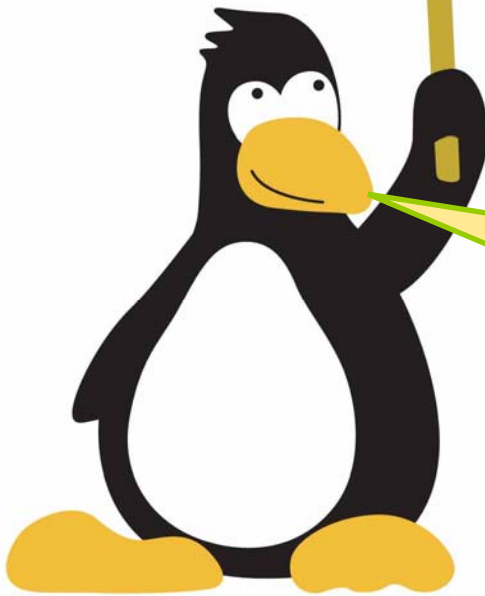
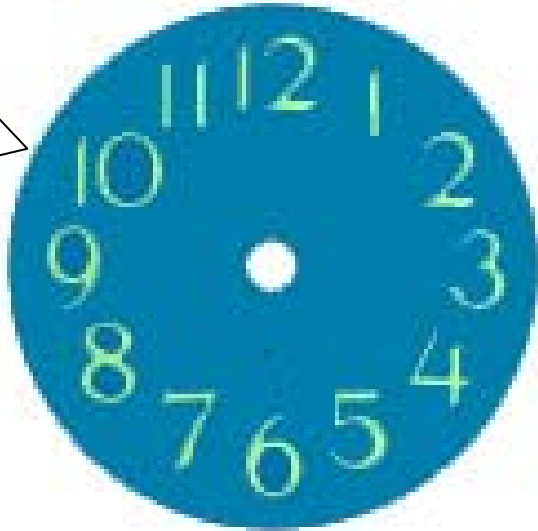
OUR HOURS will help your child learn about time, and it can be a great help in guiding your child through the daily routine. Now it's not just Mom and Dad reminding him that it's time to clean up; it's right there in *OUR HOURS* – with a picture of him successfully completing the task!

Hint: If your child goes to school or daycare, ask your child's caregiver or teacher for their schedule during the day so that you can include those activities in your book.



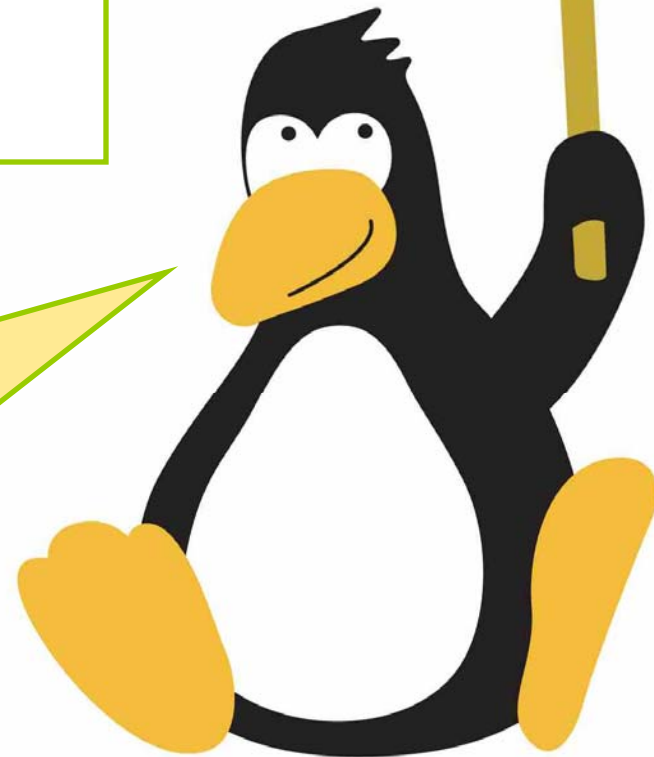
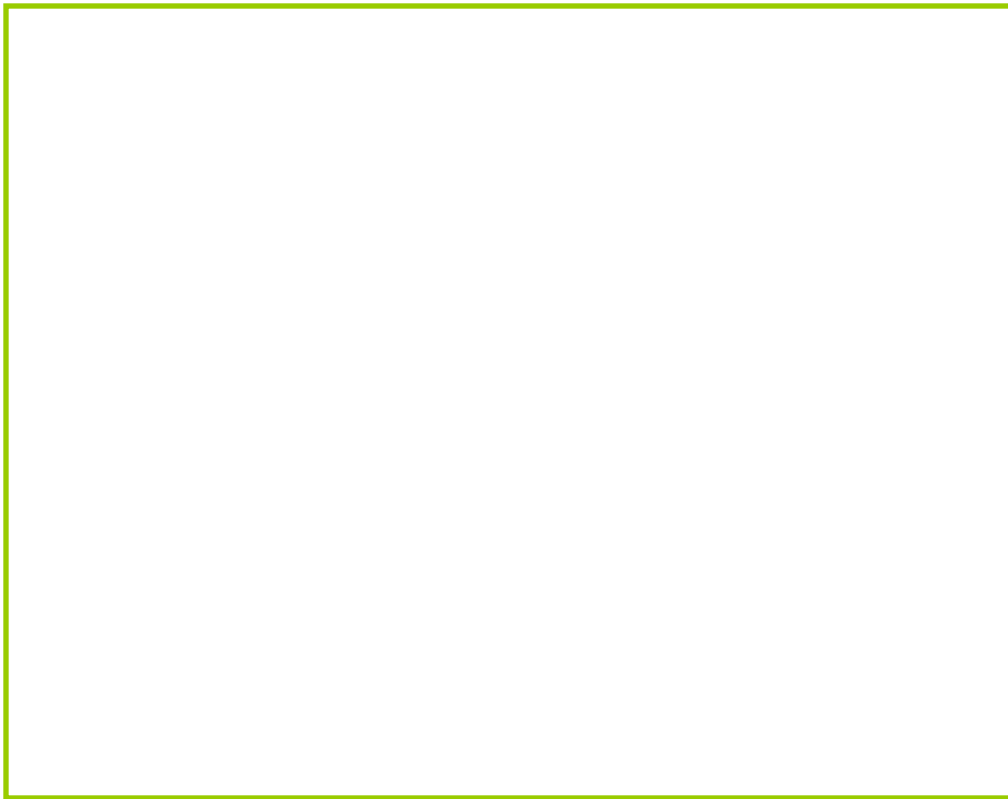
My Name

Use a black crayon or marker to draw the hands on the clock.



It's time for _____ to rise and shine.

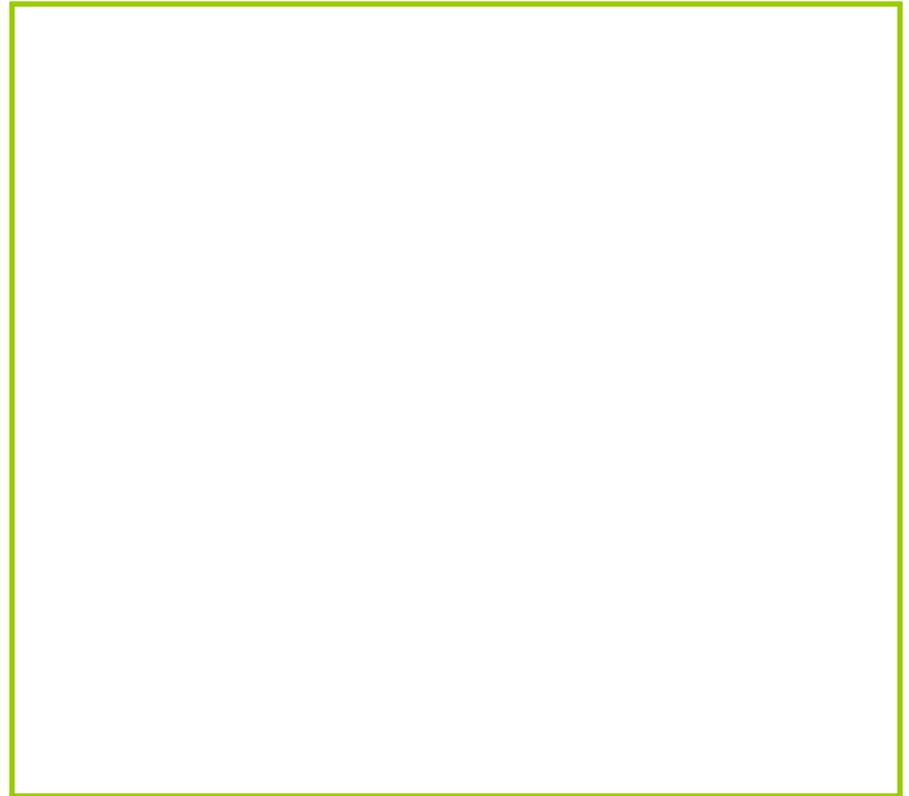
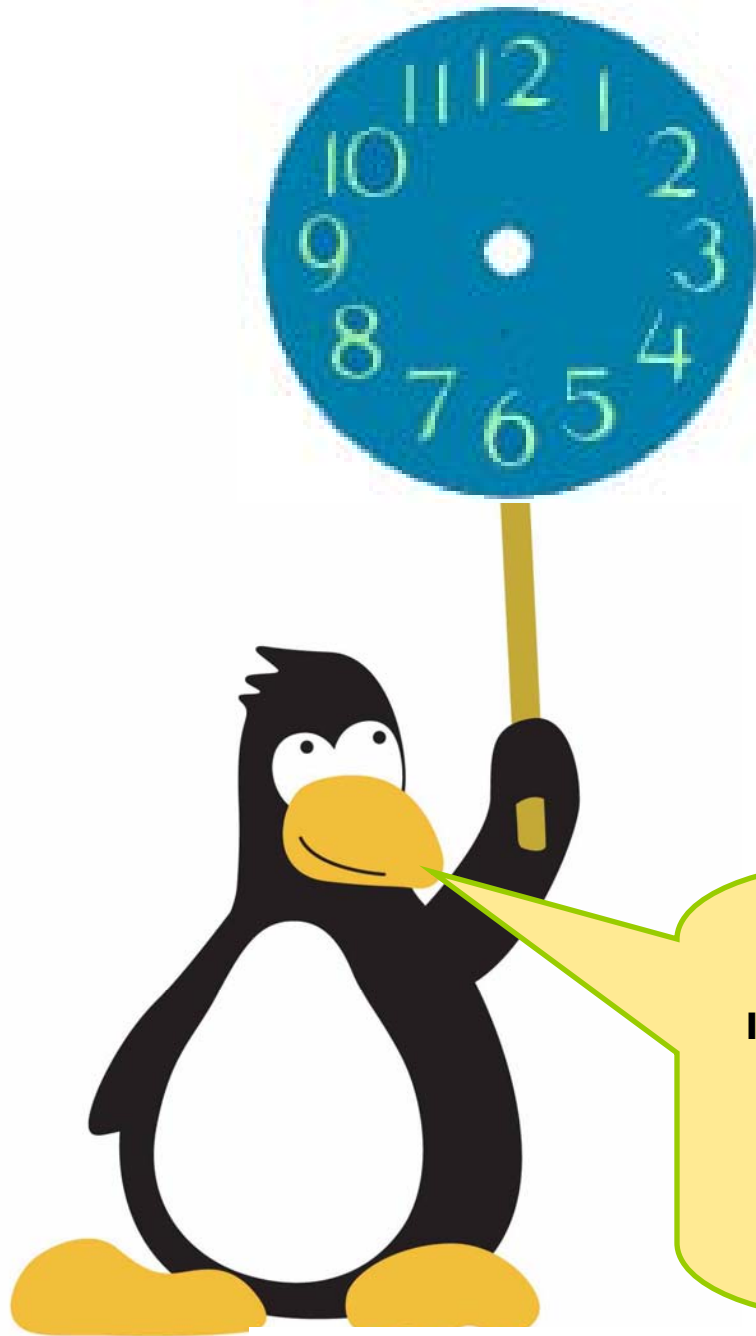
"I slept so well, I'm feeling fine."



It's time for _____

brush _____ teeth.

"A fresh clean mouth will help me
think."



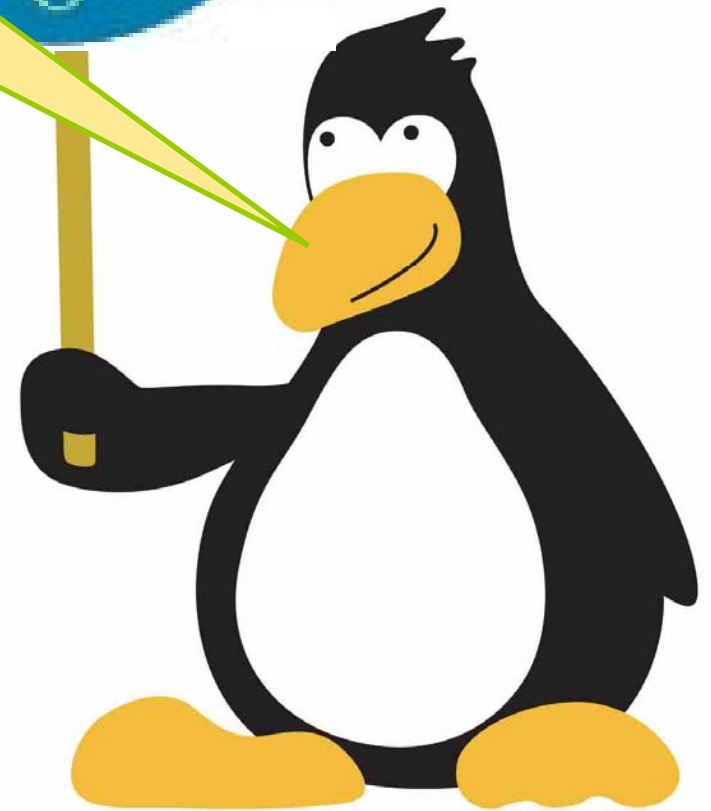
It's time for _____ read a book.

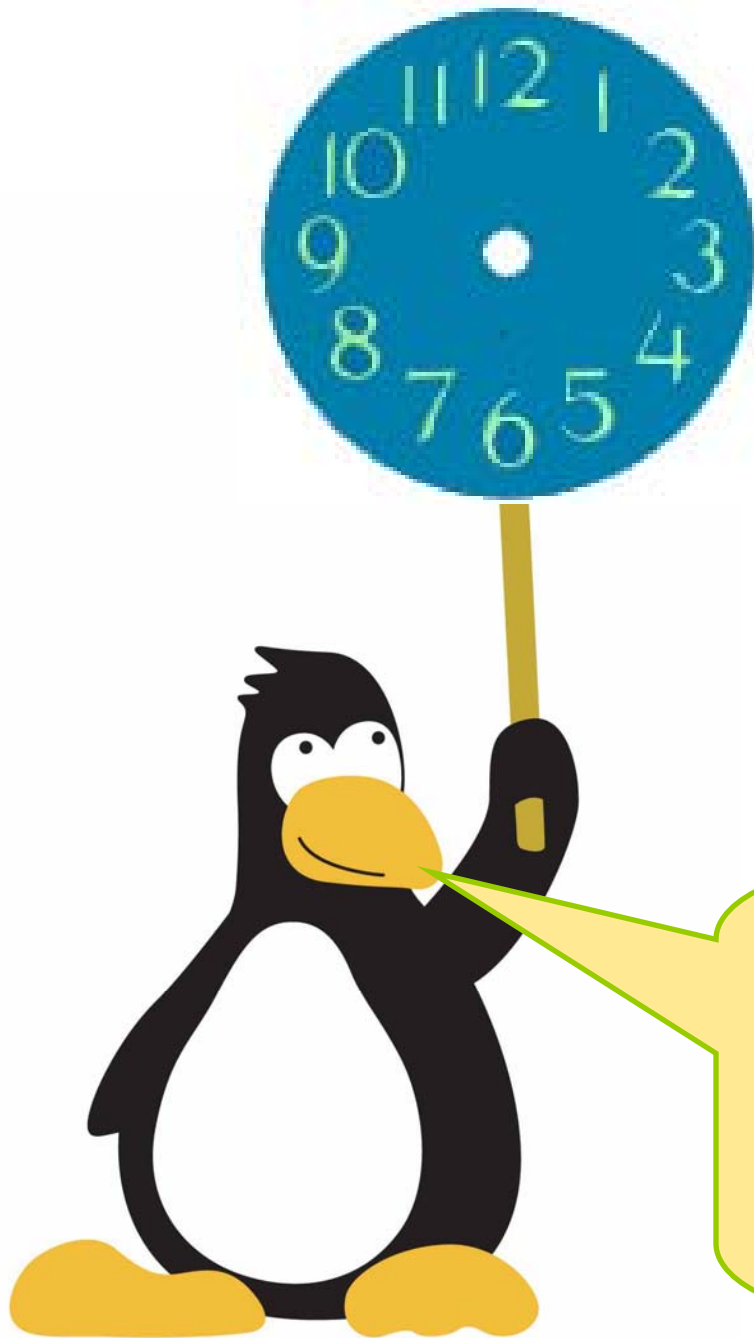
"So much to learn, I love to look."

It's time for _____

to clean up toys.

Blocks, dolls, puzzles,
and trains with noise.





It's time for _____ to brush
_____ teeth.

"A fresh, clean mouth will help me sleep."

