



## What Am I Doing Today?

Plan Your Day!

**Goal:** Discuss with your child the different things they do on a normal day. On a piece of paper draw a timeline of the day. Include the time these events/activities will occur.

**[Tip]:** Have your child draw symbols for things they will do that day. For example, a sun for waking up and a moon for bedtime.

**Why is this important?** Practicing event sequences can help children to separate event components and understand relationships between them.

**References:** Judith A. Hudson, Lauren R. Shapiro, Brandi B. Sosa, Judith A. Hudson, Lauren R. Shapiro, & Brandi B. Sosa. (1995). Planning in the Real World: Preschool Children's Scripts and Plans for Familiar Events. *Child Development*, 66(4), 984–998. <https://doi.org/10.2307/1131793>