

# Making a “My Day” Time Line

## Message to Adult Mentor

In this activity, please help the child plan her or his “My Day” timeline so that enough space is allotted to make a complete timeline of her or his day.

*You will need:*

A long piece of poster board (Also, many sheets of blank paper taped together will do.)

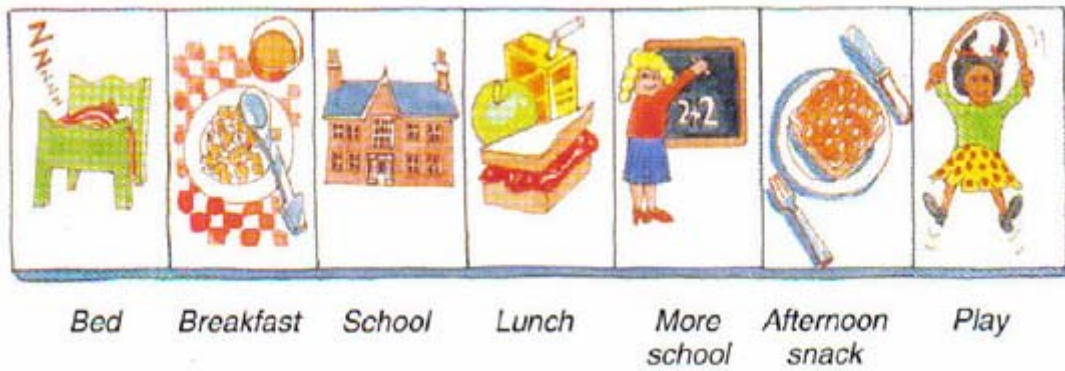
Scissors

Markers or Crayons

A Ruler

1. Cut out a long piece of poster board. Use a pen and ruler to divide it into sections.

2. Draw pictures in each section, showing what you do during the day and night. Start with a picture of yourself asleep in bed. Make sure the pictures are in order with how the events occur throughout the day.



3. Fold the poster board along each line to make a zigzag book, as shown below.

