Session 24

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Session Title	**Let's Explore the Days and Months!**
Objective	Help children learn about the days of the week and months of the year. Encourage memorization through fun songs, games, and interactive activities. Improve children's ability to recognize and sequence days and months.
Topics/Concept	Days of the week (Sunday to Saturday). Months of the year (January to December). Understanding the cycle of time and personal connections (birthdays, weekly routines).
Material Required	Paper or cardboard for cards. Markers or pens. A box with small task slips. Tape for activities.

Session Plan 90 Min

Intro Activity

1. Introduction Activity (15 minutes)

Discussion & Question Time:

Ask, “What day is today?” and “Can anyone name a month of the year?”

Explain that there are 7 days in a week and 12 months in a year.

Highlight that each day and month is special for different reasons (e.g., birthdays, holidays).

Main Topic/ Activity

2. Main Activities (60 minutes)

Activity 1: Learning the Days of the Week (15 minutes)

Sing a fun "Days of the Week" song (e.g., Seven Days a Week).

Write the days on the board:

Sunday, Monday, Tuesday, Wednesday, Thursday, Friday, Saturday.

Encourage children to repeat after you while clapping or using hand motions.

Activity 2: Learning the Months of the Year (15 minutes)

Sing a "12 Months of the Year" song and ask children to sing along.

Write the months on the board:

January, February, March, April, May, June, July, August, September, October, November, December.

Ask children: “Which month is your birthday in?” and have them share with the class.

Activity 3: Days of the Week Puzzle (10 minutes)

Prepare cards with the days of the week and mix them up.

Ask children to arrange them in the correct order.

Encourage children to say the days aloud as they place the cards.

Activity 4: My Birthday Month Game (10 minutes)

Place months of the year on the floor in a circle.

Each child runs to their birth month.

The first child to reach their month picks a task from a box.

Example tasks:

“Hop like a bunny for 10 seconds!”

“Dance like a robot!”

“Say your favorite food!”

“Make a funny face for 5 seconds!”

Activity 5: Days of the Week Movement Game (10 minutes)

Place day cards in different parts of the room.

Call out a random day, and children must run to the correct card.

Once they reach the card, ask them:

“What do you do on this day?” (e.g., “On Monday, I go to school!”).

Expected Learning Outcome:

Knowledge building-

Children will recognize and name the days of the week and months of the year.

They will be able to say the days and months in order.

Skill Building-

Improved memory and sequencing skills through songs and activities.

Strengthened social interaction and confidence in class discussions.

Review Questions/Assessment/Tasks

Ask, “What comes after Tuesday?” or “Which month comes before August?”

Have students stand up when they hear their birth month.

Let children sing the Days & Months songs one more time to reinforce learning.

Follow up Tasks

Revision #1
Created 2025-08-04 09:46:47 UTC by iLab
Updated 2025-08-04 09:57:53 UTC by iLab