

Things you will need

- Days sheet – 2 pages
- Example sheet
- Colouring and writing pens
- Scissors and glue or sticky tape
- Clothes peg

What to do

1. Print the Days sheets and follow the instructions.

The example sheet is a picture of a completed 'My Week'.

Colour the days before cutting them out because holding a bigger piece of paper steady can be easier than smaller pieces.

Some people may want or need more space to write or draw. You could create the 'My Week' over 2 pieces of paper to give them more space.

2. When you have finished, put the 'My Week sheet' somewhere you can see it. Each day move the peg to be next to that day of the week.

It can help you to

- remember which day it is
- 'see' when an expected activity is due to happen
- learn and practice the days of the week

Extra ideas

- Pretend you are planning a holiday, use the 'My Week' sheet to think about what you might do each day.
If you went on holiday to Skegness or America for a week, what you choose to do each day?
If you went to London for a week, what would you want to see and do each day?
- Look up and practice the MAKATON signs for each day of the week