

WORKSHEET 1 – DAY AND NIGHT UNDERSTANDING

Name: _____

Date: _____

INSTRUCTIONS:

- Learn what tells us it is day or night
 - Circle, write, and order activities
-

PART A: MULTIPLE CHOICE

1. The Sun helps us know it is:

☐ Night ☐ Day ☐ Midnight

2. The Moon is usually seen during:

☐ Day ☐ Night ☐ Afternoon only

3. Stars are visible mostly at:

☐ Morning ☐ Night ☐ Lunch time

4. When the Sun rises, it is usually:

☐ Evening ☐ Morning ☐ Midnight

5. When the Sun sets, it becomes:

☐ Morning ☐ Afternoon ☐ Evening

PART B: SHORT ANSWER

6. Why do we have day and night?

Answer: _____

7. What natural object tells us it is daytime?

Answer: _____

8. Name two things you see in the sky at night.

Answer: _____

9. Is school usually during day or night?

Circle: ☐ Day ☐ Night

10. When do most people sleep?

Answer: _____

WORKSHEET 2 – PLANNING ACTIVITIES DURING THE DAY

Name: _____

Date: _____

INSTRUCTIONS:

- Match activities to parts of the day
 - Plan your daily routine
-

PART A: FILL IN THE BLANKS

1. Breakfast is usually eaten in the .

Answer: _

2. Dinner is usually eaten in the .

Answer: _

3. We go to school during the .

Answer: _

4. We sleep at .

Answer: _

5. The Sun helps us plan activities during the .

Answer: _

PART B: MATCH THE ACTIVITY

Match each time of day to an activity:

Morning →

Afternoon →

Evening →

Night →

Activities: Sleep / Eat dinner / Go to school / Wake up

PART C: PLANNING PRACTICE

6. You wake up at 7:00 am. What part of the day is this?

Answer: _

7. You eat lunch at 12:30 pm. Is this morning or afternoon?

Circle: ☐ Morning ☐ Afternoon

8. Soccer practice is at 4:00 pm. Which part of day?

Answer: _

WORKSHEET 3 – SUN, MOON AND STARS

Name: _____

Date: _____

INSTRUCTIONS:

- Learn what natural objects tell us about time
 - Think about day and night
-

PART A: TRUE OR FALSE

1. The Sun shines at night.

☐ True ☐ False

2. Stars are visible during the day.

☐ True ☐ False

3. The Moon can sometimes be seen in daytime.

☐ True ☐ False

4. The Sun rises in the morning.

☐ True ☐ False

5. The Sun sets in the evening.

☐ True ☐ False

PART B: SHORT RESPONSE

6. What tells us a new day has started?

Answer: _____

7. Why can't we see stars in the daytime?

Answer: _____

8. What happens when the Sun sets?

Answer: _____

9. What do farmers use the Sun for?

Answer: _____

10. Why do we sleep at night?

Answer: _____

WORKSHEET 4 – ORGANISING YOUR DAY

Name: _____

Date: _____

INSTRUCTIONS:

- Order activities in the correct sequence
 - Plan your day safely
-

PART A: ORDERING

1. Number in order (1–4):

Wake up / Sleep / Eat dinner / Go to school

- 1.
 - 2.
 - 3.
 - 4.
-

2. Number in order (1–4):

Afternoon / Night / Morning / Evening

- 1.
 - 2.
 - 3.
 - 4.
-

PART B: PROBLEM SOLVING

3. Emma wakes up at 7 am and goes to bed at 8 pm.

Is she awake during the day or night?

Circle: ☐ Day ☐ Night

4. Liam plays outside at 5 pm. Which part of day?

Answer: _

5. Mia sees stars at 9 pm. What time of day is this?

Answer: _

PART C: ACTIVITY PLANNING

6. Write 3 morning activities.

- 1.
 - 2.
 - 3.
-

WORKSHEET 5 – ROUTINES AND TIME

Name: _____

Date: _____

INSTRUCTIONS:

- Learn about daily routines
 - Think about why day and night matter
-

PART A: MULTIPLE CHOICE

1. The brightest time of day is:

☐ Midnight ☐ Noon ☐ Evening

2. The darkest time is usually:

☐ Night ☐ Morning ☐ Lunch

3. School usually starts in the:

☐ Morning ☐ Midnight ☐ Night

4. Dinner is usually eaten in the:

☐ Morning ☐ Afternoon ☐ Evening

5. Stars appear mostly at:

☐ Night ☐ Morning ☐ Noon

PART B: FILL IN THE BLANK

6. The Sun helps us know it is .

Answer: _

7. The Moon is easier to see at .

Answer: _

8. We rest and sleep at .

Answer: _

9. Planning helps us use our wisely.

Answer: _

10. Daytime is usually and bright.

Answer: _

WORKSHEET 6 – APPLYING TIME IN REAL LIFE

Name: _____

Date: _____

INSTRUCTIONS:

- Apply day/night knowledge to real situations
 - Reflect on your routine
-

PART A: SCENARIO QUESTIONS

1. It is bright outside and you see shadows. What time of day is it?

Answer: _____

2. You see stars while walking home. What time is it?

Answer: _____

3. You eat lunch at 1 pm. Morning or afternoon?

Circle: ☐ Morning ☐ Afternoon

4. You go to bed at 8:30 pm. Day or night?

Circle: ☐ Day ☐ Night

5. You see the Sun rising. What part of day?

Answer: _____

PART B: COMPARE AND EXPLAIN

6. Why is morning different from night?

Answer: _____

7. Why is afternoon warmer than morning?

Answer: _____

8. Why is planning important for school days?

Answer: _____

9. When is it safer to play outside?

Answer: _____

10. Why do we use lights at night?

Answer: _____

TEACHER ANSWER SHEET – DAY AND NIGHT PACK

W1: Understanding	W2: Planning	W3: Sun/Moon/Stars	W4: Organising	W5: Routines	W6: Real Life
1. Day	1. Morning	1. False	1. Wake up→School→Dinner→Sleep	1. Noon	1. Day/morning
2. Night	2. Evening	2. False	2. Morning→Afternoon→Evening→Night	2. Night	2. Night
3. Night	3. Day	3. True	3. Day	3. Morning	3. Afternoon
4. Morning	4. Night	4. True	4. Afternoon	4. Evening	4. Night
5. Evening	5. Day	5. True	5. Night	5. Night	5. Morning
6. Earth rotates	6. Morning	6. Sun rising/dawn	6. (3 morning activities)	6. Day	6. Sun out vs dark
7. Sun	7. Afternoon	7. Sun light too bright		7. Night	7. Sun higher
8. Moon & stars	8. Afternoon	8. Gets dark		8. Time	8. Schedule
9. Day	9. Night	9. Plants		9. Time	9. Daylight
10. Night	10. (routine)	10. Rest		10. Warm	10. No light