

Year 3 / 4: Lesson 1 Resource 1: Ziggy's Day

Read the day-in-a-life story below. Add possible feelings to the timeline.

7:00am	Ziggy wakes up, gets dressed and ready for the day ahead.	
7:30am	Ziggy eats a healthy breakfast.	
8:45am	Ziggy arrives at school and plays football in the playground.	
9:00am	Lessons begin – maths is first.	
11:15am	It's playtime!	
11:30am	Back to lessons – PSHE.	
12:30pm	Lunchtime.	
1:30pm	Afternoon lessons: science and PE.	
3:30pm	End of the school day.	
3:45pm	Ziggy goes to after-school art-club.	
5:00pm	Ziggy arrives home, has something to eat and watches TV.	
7:00pm	Ziggy reads and gets ready for bed – the end of the day.	