

CogniEnhance

Sequencing and Timing for Seniors



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Sequencing and Timing Level 1

Course Section Breakdown

Weekday Recognition

- **Activities:** 10 interactive activities
- **Total Time:** 30–40 minutes (approx. 3–4 minutes per activity)
- **Focus:** Identifying and ordering days of the week, enhancing understanding of the weekly cycle.

Monthly Recognition

- **Activities:** 10 interactive activities
- **Total Time:** 30–40 minutes (approx. 3–4 minutes per activity)
- **Focus:** Identifying and ordering months of the year, building a solid understanding of the calendar year.

Seasonal Changes

- **Activities:** 10 interactive activities
- **Total Time:** 30–40 minutes (approx. 3–4 minutes per activity)
- **Focus:** Recognizing different seasons and understanding the sequence of seasonal changes.

Season Sorting Beginner

- **Activities:** 10 interactive activities
- **Total Time:** 30–40 minutes (approx. 3–4 minutes per activity)
- **Focus:** Sorting items or activities by seasons, helping learners connect weather patterns with daily life.

Basic Timelines

- **Activities:** 10 interactive activities
- **Total Time:** 30–40 minutes (approx. 3–4 minutes per activity)
- **Focus:** Understanding basic chronological sequences, such as life stages and annual holidays.

Historical Chronology

- **Activities:** 10 interactive activities
- **Total Time:** 30–40 minutes (approx. 3–4 minutes per activity)
- **Focus:** Arranging historical events or inventions in chronological order, fostering an understanding of historical progression.



Temporal Order

- **Activities:** 10 interactive activities
- **Total Time:** 30–40 minutes (approx. 3–4 minutes per activity)
- **Focus:** Understanding the natural progression of events or life stages, such as growth or development.

Time Duration

- **Activities:** 10 interactive activities
- **Total Time:** 30–40 minutes (approx. 3–4 minutes per activity)
- **Focus:** Grasping basic time measurements, such as days, months, and years.

Time Reading

- **Activities:** 10 interactive activities
- **Total Time:** 30–40 minutes (approx. 3–4 minutes per activity)
- **Focus:** Reading and interpreting time on analog clocks, strengthening time-telling skills.

Minute Reading

- **Activities:** 10 interactive activities
- **Total Time:** 30–40 minutes (approx. 3–4 minutes per activity)
- **Focus:** Understanding and expressing specific times, such as “quarter past” and “half past.”

Daily Time Periods

- **Activities:** 10 interactive activities
- **Total Time:** 30–40 minutes (approx. 3–4 minutes per activity)
- **Focus:** Recognizing parts of the day (morning, afternoon, evening) and associating them with daily routines.

Temporal Awareness

- **Activities:** 10 interactive activities
- **Total Time:** 30–40 minutes (approx. 3–4 minutes per activity)
- **Focus:** Developing awareness of days in relation to each other (yesterday, today, tomorrow).

Total Section Duration

- **Total Estimated Time:** 6–7 hours, depending on the pace of learning.

Suggested Implementation

- **1-hour sessions:** Each section can be covered in a single 1-hour session, making the course a 10-session program.
- **Daily or weekly sessions:** Depending on the learners' availability, you can schedule these sessions daily, bi-weekly, or weekly.



Sequencing and Timing Level 2

Course Section Breakdown

Calendar Usage

- **Activities:** 10 interactive activities
- **Total Time:** 30–40 minutes (approx. 3–4 minutes per activity)
- **Focus:** Understanding how to read and interpret calendars, counting days, identifying weeks, and recognizing important dates.

Temporal Perspectives

- **Activities:** 11 interactive activities
- **Total Time:** 35–45 minutes (approx. 3–4 minutes per activity)
- **Focus:** Recognizing different time periods and associating them with significant historical, present, and future events.

Temporal Vocabulary

- **Activities:** 10 interactive activities
- **Total Time:** 30–40 minutes (approx. 3–4 minutes per activity)
- **Focus:** Understanding key temporal terms and their meanings, enhancing learners' vocabulary related to time.

Monthly Order

- **Activities:** 10 interactive activities
- **Total Time:** 30–40 minutes (approx. 3–4 minutes per activity)
- **Focus:** Recognizing and sequencing the months of the year, solidifying understanding of the calendar.

Weekly Activities

- **Activities:** 10 interactive activities
- **Total Time:** 30–40 minutes (approx. 3–4 minutes per activity)
- **Focus:** Identifying typical activities for different days of the week, encouraging time management and planning skills.



Comparing Durations

- **Activities:** 10 interactive activities
- **Total Time:** 30–40 minutes (approx. 3–4 minutes per activity)
- **Focus:** Comparing durations of different activities, enhancing the understanding of time required for various tasks.

Narrative Ordering

- **Activities:** 10 interactive activities
- **Total Time:** 30–40 minutes (approx. 3–4 minutes per activity)
- **Focus:** Sequencing narrative events, improving comprehension of chronological order in storytelling.

Time Interval Identification

- **Activities:** 10 interactive activities
- **Total Time:** 30–40 minutes (approx. 3–4 minutes per activity)
- **Focus:** Identifying and comparing different time intervals, reinforcing basic math and time concepts.

Minute Reading

- **Activities:** 7 interactive activities
- **Total Time:** 20–30 minutes (approx. 3–4 minutes per activity)
- **Focus:** Reading and interpreting time down to the minute, enhancing precision in time-telling skills.

Total Section Duration

- **Total Estimated Time:** 6–7 hours, depending on the pace of learning.

Suggested Implementation

- **1-hour sessions:** Each section can be covered in a single 1-hour session, making the course a 10-session program.
- **Daily or weekly sessions:** Depending on the learners' availability, you can schedule these sessions daily, bi-weekly, or weekly.



Sequencing and Timing Level 3

Course Section Breakdown

Level 3: Temporal Cause and Effect

- **Activities:** 10 interactive activities
- **Total Time:** 30–40 minutes (approx. 3–4 minutes per activity)
- **Focus:** Understanding and analyzing the cause-and-effect relationships between events over time.

Level 3: Elapsed Time

- **Activities:** 10 interactive activities
- **Total Time:** 30–40 minutes (approx. 3–4 minutes per activity)
- **Focus:** Calculating and understanding the passage of time between events.

Level 3: Complex Timelines

- **Activities:** 10 interactive activities
- **Total Time:** 30–40 minutes (approx. 3–4 minutes per activity)
- **Focus:** Constructing and interpreting complex timelines, understanding historical and future sequences.

Level 3: Time Zones

- **Activities:** 10 interactive activities
- **Total Time:** 30–40 minutes (approx. 3–4 minutes per activity)
- **Focus:** Understanding global time zones, their impact on daily life, and how to calculate time differences.

Level 3: Detailed Story Sequencing

- **Activities:** 10 interactive activities
- **Total Time:** 30–40 minutes (approx. 3–4 minutes per activity)
- **Focus:** Arranging events in detailed stories in chronological order, enhancing comprehension of narrative structure.

Level 3: Then and Now

- **Activities:** 10 interactive activities
- **Total Time:** 30–40 minutes (approx. 3–4 minutes per activity)
- **Focus:** Comparing past and present events, understanding changes over time.



Level 3: Advanced Calendar Use

- **Activities:** 10 interactive activities
- **Total Time:** 30–40 minutes (approx. 3–4 minutes per activity)
- **Focus:** Using calendars for complex scheduling, understanding advanced concepts like leap years and recurring events.

Level 3: Sequencing Complex Processes

- **Activities:** 10 interactive activities
- **Total Time:** 30–40 minutes (approx. 3–4 minutes per activity)
- **Focus:** Arranging steps in complex processes in the correct sequence, developing advanced organizational skills.

Level 3: Temporal Patterns

- **Activities:** 10 interactive activities
- **Total Time:** 30–40 minutes (approx. 3–4 minutes per activity)
- **Focus:** Recognizing and predicting patterns in time-based data, understanding cyclical events and trends.

Total Section Duration

- **Total Estimated Time:** 6–7 hours, depending on the pace of learning.

Suggested Implementation

- **1-hour sessions:** Each section can be covered in a single 1-hour session, making the course a 10-session program.
- **Daily or weekly sessions:** Depending on the learners' availability, you can schedule these sessions daily, bi-weekly, or weekly.