

Activity Ideas for Parents

Activity 1: How Much Time? With your child, decide on an activity he or she will complete that will last at least several minutes. After he or she estimates how long the activity will take, note the time the activity starts and stops. Then have your child draw the times on the two analog clocks below.

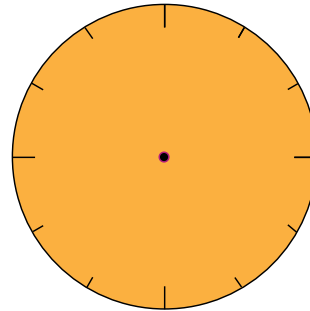
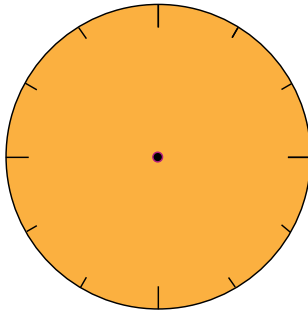
Estimated time _____

Start:

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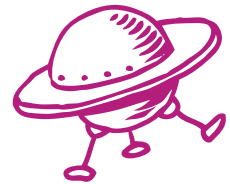
Stop:

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Actual time _____

Activity 2: Time to Talk. Discuss with your child how you manage your time at home and at work. Talk about how certain activities, possibly bedtime and getting ready for school, can be challenging for you as a parent. Ask your child what part of day is busiest for him or her. Agree on a “code word” to use when your child is “off task” that will remind him or her to be mindful of the time. Don’t be afraid to be silly or playful with your code word!



Activity 3: Matching Time! Cut out the digital and analog clock times below and mix them up. With your child, match the two clocks that show the same time.

Analog clock showing 6:40. The hour hand is between 6 and 7, and the minute hand is at 8.	Analog clock showing 7:17. The hour hand is between 7 and 8, and the minute hand is between 3 and 4.	Analog clock showing 9:30. The hour hand is between 9 and 10, and the minute hand is at 6.	Analog clock showing 4:42. The hour hand is between 4 and 5, and the minute hand is between 8 and 9.	Analog clock showing 12:00. Both the hour and minute hands are at 12.	Analog clock showing 6:15. The hour hand is between 6 and 7, and the minute hand is at 3.
6:40	7:17	9:30	4:42	12:00	6:15