

Time-Teaching Ideas for Parents

Telling time takes practice!

Try these fun activities to reinforce your child's time skills at home.

Activity A: Time Me!

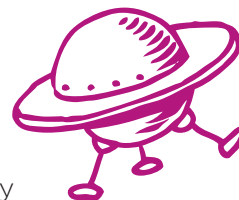
Everyone likes to beat the clock, so turn chores into a game!

- Time your child as he or she completes a daily task, such as picking up toys, making the bed, or getting dressed for school.
- When your child has to complete the task again, see if he or she can beat the previous time.
- Have your child practice writing the time by keeping a list of the number of minutes and seconds it took to complete the activity each day.

Activity B: Time for More

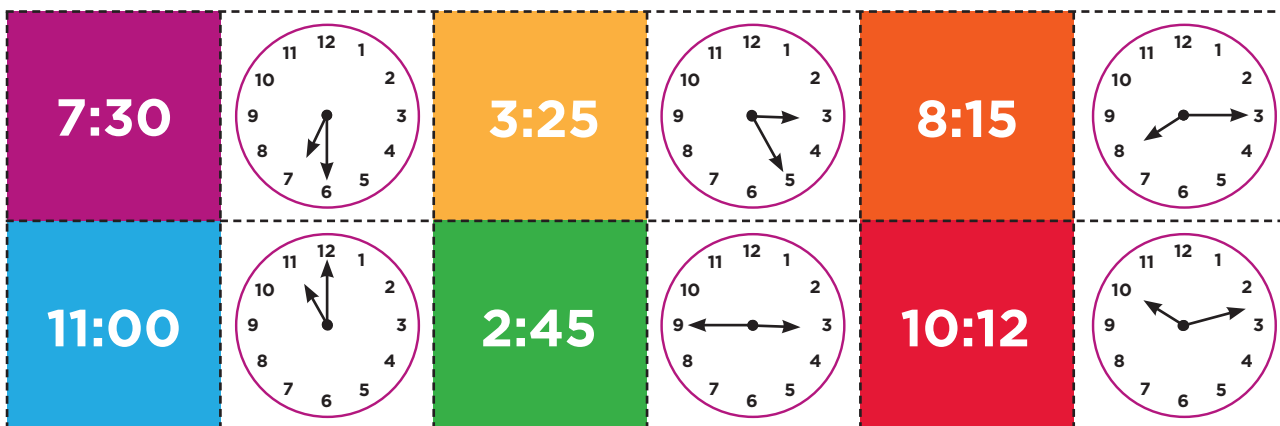
Help your child learn about time management by asking what he or she would like to have more time for in a day.

- Ask: *What would you like to have more time for in a day?*
- Ask: *What could you spend less time on so that you could have more time for the thing you like most?* (For example: If it takes us less time to get ready for bed, we have more time for reading bedtime stories.)
- Use a schedule sheet with hour or half-hour intervals to plan the day. Have your child write each daily activity at the time it should occur.



Activity C: Time Train

Cut out the domino pieces below and mix them up. Have your child create a "train" by matching each digital time to its corresponding analog time on a different domino piece.



Activity D: 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.

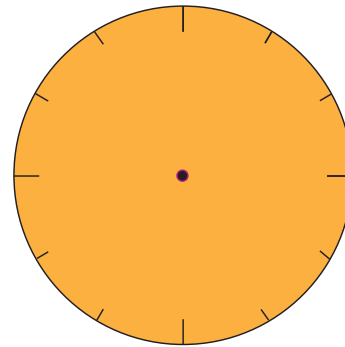
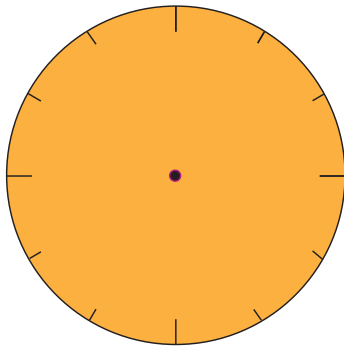
Estimated time _____

Start:

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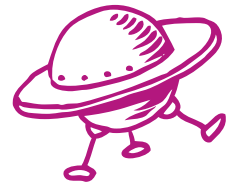
Stop:

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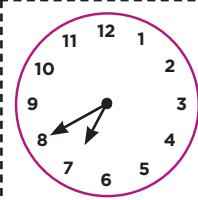
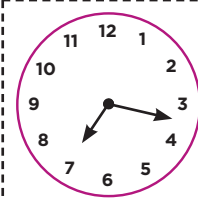
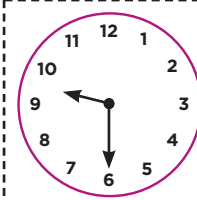
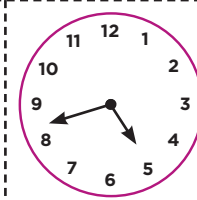
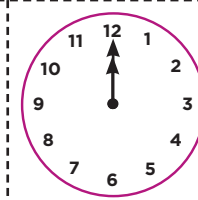
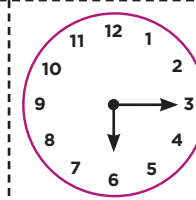


Actual time _____

Activity E: 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 F: 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.

					
6:40	7:17	9:30	4:42	12:00	6:15