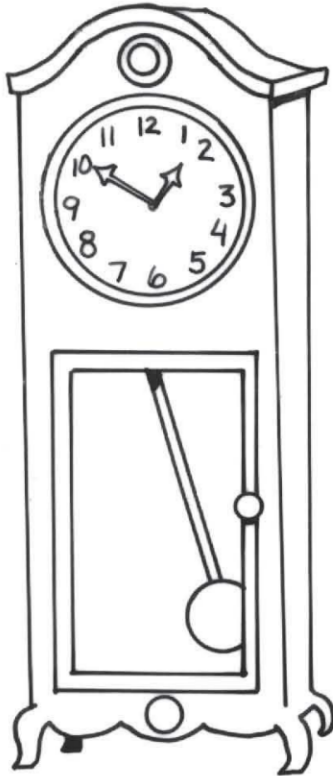


How Long Is an Hour?

**Family Note**

The concept of passing time is difficult for young children. Hours, minutes, and seconds are confusing; children usually do not have a good sense of how long each time interval is or how long things take to do. Help your child make connections between familiar activities and the time spent on those activities. When you tell your child something is happening in 5 minutes (or some other interval), try to stick to that interval to help develop his or her sense of time. Use opportunities such as cooking or television viewing to use timing devices to measure or track intervals of time.



Think of things you can do in about 1 hour.

Ask a family member to help you figure out how long things take to do. Track the time it takes to get to school, bake cookies, go grocery shopping, or watch a television show.

Set a timer for 1 hour. Draw or write down everything you do before the timer rings. You can use the back of this sheet or another piece of paper.

Bring your list to school to add to our class list.

