

HOW LONG?

WHAT TO DO

- Think of five things you do every day, such as cleaning your teeth.
 - Write them in a list in the table opposite.
 - Estimate how long it takes you to do them. Write your estimate in the table opposite. Don't forget to write the unit you are estimating and measuring in.
 - Next time you do each one, time yourself. Write how long it takes you in the table opposite.
 - Work out the differences between your estimates and the length of time each activity takes and write them in the table opposite.
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- On the back of this sheet, suggest things you would estimate or measure in days, weeks, months and years.

You will need a watch with a second hand, or a stopwatch.

Activity	My estimate	How long	The difference

TO PARENTS OR CARERS

This activity is for your child to do on his or her own. It helps practise work already covered in school.

This activity will help your child to

- use the vocabulary related to time
- estimate and measure time, choosing the right unit of measure to do so.