



**Family
Note**

As children learn about time, they may have difficulty at first understanding how long a minute is. In this activity, children think about what they are able to do in a minute or in multi-minute intervals. You may want to occasionally extend this to timing other activities or chores.

Think of three things you can do in one minute or less.

Have someone time you to see if you really can do all three things in a minute.

For example, can you touch your toes ten times, do five jumping jacks, and spin around three times in one minute?

Guess how much of your room you can clean in two minutes and then try cleaning it for two minutes.

Did you do more or less than you thought you would?

Was your prediction close, or were you surprised at the result?

