

Time Management Activity



GOAL: Your child will ESTIMATE the amount of time it will take to complete a task.

Task 1: Write down several activities you can complete in the given amount of time.

1.	2-minutes	
2.	5-minutes	
3.	10-minutes	
4.	15-minutes	
5.	30-minutes	
6.	45-minutes	
7.	1 hour	
8.	2 hours	

Task 2: Write the steps (in a few words) that you need to follow in order to complete the tasks below. ESTIMATE how long it will take. Record how long it took and compare with your estimation.

1. Make your lunch (i.e., a sandwich, salad, soup...)

Steps to complete task:	How long do you think it will take?
	How long did it take?

2. Help clean up after dinner

Steps to complete task:	How long do you think it will take?
	How long did it take?