

# Estimating Time

Time management is an important skill, particularly for children with attention deficits. This activity aims at helping children become more mindful of time. Have the child estimate the amount of time needed to complete the tasks below. Then, have the child complete the task and record the actual time. Discuss the child's accuracy in determining the amount of time needed to complete each task. Modify as needed or add additional activities to meet the needs of your child.

*Materials Needed:* Stopwatch.

Activity	Estimated Time to Complete Activity	Actual Time to Complete Activity
25 jumping jacks		
Walk around the room 2 times		
Say the alphabet (forward or backwards)		
Touch your shoulders then toes 10 times		
Walk to the nearest door and back to your seat 3 times		