

WORKSHEET 1 – UNDERSTANDING TIME

Name:

Date:

INSTRUCTIONS:

- Learn how seconds and minutes work
 - Write your answers clearly
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1. How many seconds are in 1 minute?

Answer: _

2. Convert 5 minutes into seconds.

Answer: _

3. A sand timer runs for 1 minute. How many times would it run in 5 minutes?

Answer: _

4. Which is longer: 1 minute or 45 seconds?

Circle: ☐ 1 minute ☐ 45 seconds

5. Write the time for 90 seconds in minutes and seconds.

Answer: _

6. If a game takes 2 minutes, how many seconds is that?

Answer: _

7. How many minutes are in 180 seconds?

Answer: _

8. Fill in the blank: 1 minute = seconds

Answer: _

9. Circle the shorter timer: 2 minutes or 4 minutes

Circle: ☐ 2 minutes ☐ 4 minutes

10. A sand timer runs for 3 minutes. How many seconds is that?

Answer: _

COLOUR CHALLENGE:

Draw a clock showing 2 minutes past 3:

WORKSHEET 2 – USING SAND TIMERS

Name: _____

Date: _____

INSTRUCTIONS:

- Use sand timers to measure activities
 - Think about how long things take
-

1. Flip a 1-minute sand timer. How long does it take to finish?

Answer: _

2. Which activity can finish in 1 minute: brushing teeth or reading a page?

Circle: ☐ Brushing teeth ☐ Reading a page

3. How many times will a 1-minute timer run in 5 minutes?

Answer: _

4. Circle the timer that is faster: 1 minute or 5 minutes

Circle: ☐ 1 minute ☐ 5 minutes

5. Fill in: 2 timers of 3 minutes each = minutes

Answer: _

6. How long will 4 sand timers of 1 minute each last?

Answer: _

7. Match the activity to the timer:

- Wash hands → min
- Pack bag → min
- Snack → min

Answer: _

8. If you use a 5-minute timer, how many 1-minute activities can you complete?

Answer: _

9. Which timer runs out first: 3-minute or 5-minute?

Circle: ☐ 3-minute ☐ 5-minute

10. Fill in the blank: A 1-minute sand timer is seconds

Answer: _

WORKSHEET 3 – USING DIGITAL TIMERS

Name: _____

Date: _____

INSTRUCTIONS:

- Read digital timers
 - Convert time to seconds
-

1. Set a digital timer for 2 minutes. How many seconds is that?

Answer: _

2. If a timer shows 0:45, how many seconds left?

Answer: _

3. Convert 4 minutes into seconds for a timer.

Answer: _

4. Fill in: 5 minutes = seconds

Answer: _

5. If a digital timer runs for 3 minutes, how many seconds is that?

Answer: _

6. Compare timers: Which is longer: 2:00 or 1:30?

Circle: ☐ 2:00 ☐ 1:30

7. Write 90 seconds in digital timer format.

Answer: _

8. Fill in the blank: Timer = 0:30 → seconds

Answer: _

9. Which activity finishes first? 5-minute timer or 3-minute timer?

Circle: ☐ 5-minute ☐ 3-minute

10. How long will 2 timers of 1 minute each take together?

Answer: _

DRAWING TASK:

Draw the digital timer for 1 minute and 30 seconds:

WORKSHEET 4 – COMPARING ESTIMATES AND ACTUAL TIME

Name:

Date:

INSTRUCTIONS:

- Estimate how long activities take
 - Measure with a timer and compare
-

1. How long do you think it takes to wash hands? (estimate)

Estimate: _ seconds

2. Time the activity using a sand timer. Was your estimate correct?

☐ Yes ☐ No

3. Fill in the actual time for brushing teeth using a timer.

Actual time: _ seconds

4. Circle if your estimate was too long, too short, or correct.

☐ Too long ☐ Too short ☐ Correct

5. Estimate the time for 3 jumping jacks, then measure it.

Estimate: _ seconds

Actual: seconds

6. Fill in: Estimated = 2 min, Actual = min

Answer: _

7. Did your digital timer match your sand timer for the same activity?

☐ Yes ☐ No

8. Fill in the blank: Estimated 1 min → Actual sec

Answer: _

9. Circle: Was your estimate closer for quick or long activities?

☐ Quick activities ☐ Long activities

10. Write one thing you learned about estimating time.

Answer: _

DRAWING TASK:

Draw a timer showing the time it took to pack your bag:

WORKSHEET 5 – FUN TIME ACTIVITIES

Name: _____

Date: _____

INSTRUCTIONS:

- Apply timers to fun classroom/home activities
 - Time yourself and record
-

1. Time yourself jumping 20 times. How long did it take?

Time: _ seconds

2. Flip a 3-minute sand timer. What can you do in that time?

Answer: _

3. Circle activities that fit in 1 minute:

☐ Clap hands ☐ Run to door ☐ Drink water

4. How many times can you flip a 1-minute timer in 5 minutes?

Answer: _

5. Estimate the time for making your bed, then time it.

Estimate: _ minutes

Actual: minutes

6. Which is faster: 1-minute timer or 2-minute timer?

Circle: ☐ 1-minute ☐ 2-minute

7. Fill in the blank: Activity lasted seconds

Answer: _

8. Match the timer to the activity:

- Pack bag → min
- Wash hands → min
- Snack → min

Answer: _

9. Compare sand vs digital timer for the same activity.

☐ Same time ☐ Different time

10. Write your favourite timer activity and how long it took.

Answer: _

WORKSHEET 6 – APPLYING TIME IN REAL LIFE

Name:

Date:

INSTRUCTIONS:

- Connect timers to daily routines
 - Measure and reflect
-

1. Estimate how long it takes to get ready in the morning.

Estimate: _ minutes

2. Use a timer to measure your morning routine.

Actual time: _ minutes

3. Circle activities that take less than 5 minutes:

☐ Brushing teeth ☐ Packing bag ☐ Snack

4. Fill in: 10 jumping jacks → seconds

Answer: _

5. Compare how long it takes to read a page vs wash hands.

Read a page: seconds

Wash hands: seconds

Longer: _

6. If breakfast takes 5 minutes, lunch takes 10 minutes, total = minutes

Answer: _

7. Estimate the time for a short game, then measure it.

Estimate: _ minutes

Actual: minutes

8. True or False: Brushing teeth takes longer than washing hands.

☐ True ☐ False

9. Fill in: 90 seconds = minutes and seconds

Answer: _

10. Write an activity that can be done in under 2 minutes.

Answer: _

TEACHER ANSWER SHEET

NOTE:

Answers for Worksheets 2–6 will vary (students measure real activities).

MARKING GUIDE:

- Accept reasonable estimates and measurements
 - Tolerance: ~10–30 seconds for quick activities, ~1 minute for longer
 - Focus on correct unit (seconds or minutes)
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WORKSHEET 1 ANSWERS:

1. 60 seconds
 2. 300 seconds
 3. 5 times
 4. 1 minute
 5. 1 minute 30 seconds
 6. 120 seconds
 7. 3 minutes
 8. 60 seconds
 9. 2 minutes
 10. 180 seconds
-

KEY CONCEPTS:

- 1 minute = 60 seconds
 - To convert minutes to seconds: $\times 60$
 - To convert seconds to minutes: $\div 60$
 - Shorter timer = less time
 - Estimate = guess, Actual = real measurement
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