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5 Tips that Teach Kids to Keep Track of Time

PLAY TIME
ESTIMATION
GAMES; HOW LONG
WILL IT TAKE TO
____?

LIST THE DETAILS
OF A TASK TO SEE
THE STEPS NEEDED
TO COMPLETE IT.

PERFORM TIME STUDIES FOR
COMMON TASKS. MEASURE
HOW MUCH TIME IS NEEDED TO
COMPLETE HOMEWORK, TAKE
A SHOWER, OR EMPTY THE
DISHWASHER.

PRACTICE APPROXIMATION
AND ESTIMATING SKILLS
WITH OTHER ACTIVITIES
SUCH AS HOW LONG WILL IT
TAKE FOR AN ICE CUBE TO
MELT.

WEAR A SMART
WATCH. USE THE
SAME CALENDAR APP
ON YOUR WATCH AS
YOUR CHILD'S SO YOU
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Five Tips to Teach Children How to Keep Track of Time

Posted: April 5, 2023

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PLAY TIME
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LEARN HOW THEY
LEARN.

TEACH
PRIORITIZATION
SKILLS FOR TEST
AND EXAM
TAKING.

TAKE EXERCISE
BREAKS TO
IMPROVE TIME
MANAGEMENT
AND EFFICIENCY.

SCHEDULE BIG TASKS
DURING PEAK
ENERGY LEVELS.



BE AWARE THAT
CHRONIC UNDER-
AROUSAL IN A CHILD
MAY BE A SIGN OF A
SLUGGISH COGNITIVE
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