Occupational Therapy

Being organised -Time - how long will it take?

Aniesa Blore





Activity 1 - How much time?

Draw a line to match the times you think these activities will take:

3 hours
9 hours
6 minutes
4 minutes
3 seconds
Brush your hair
Get a good night's sleep
Go to the cinema
Sneeze
Get your shoes on



Activity 2 - How much time?

Draw a line to match the times you think these activities will take:

Have a full school day 10 Minutes

7 hours Get changed after PE

Less than 1 second Do 10 minutes of reading

5 minutes

3 minutes

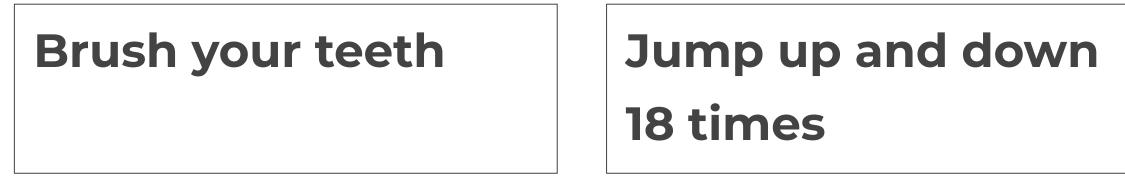
Feed the pets

Blink your eyes



Activity 3 - Guess and then time yourself

How long do you think it will take you to?





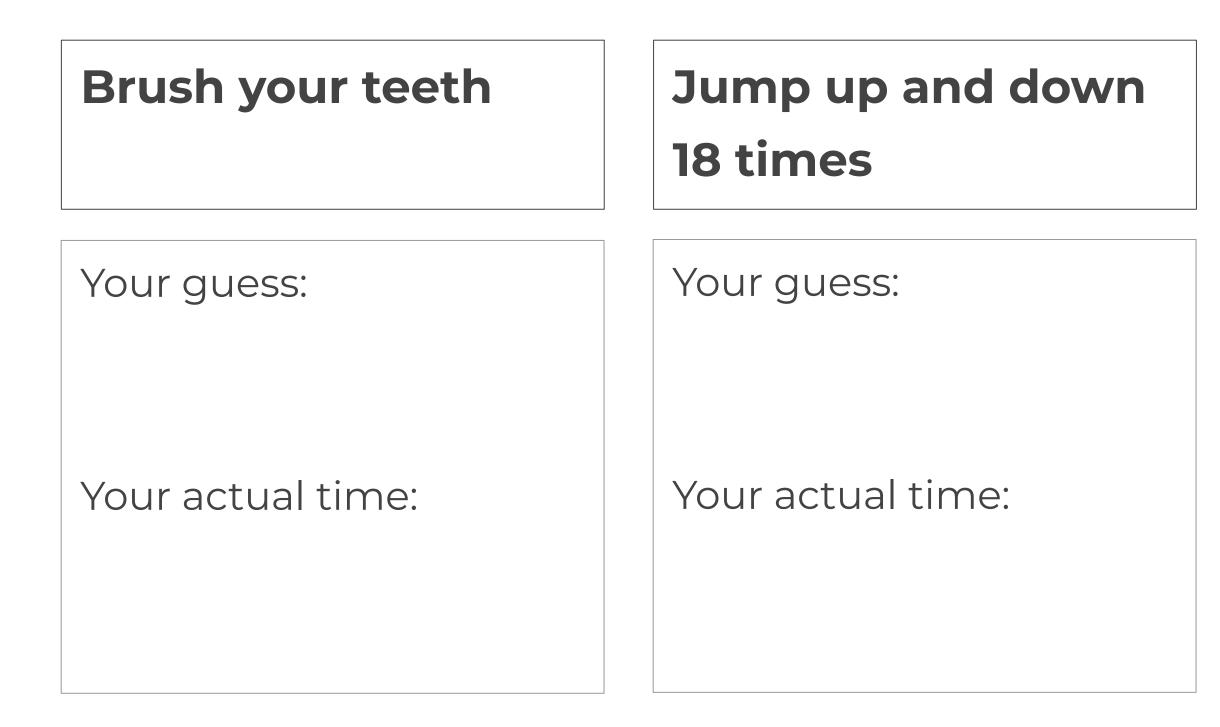


Go get a toy from your room





Activity 4 - Now do each task and ask an adult to time you



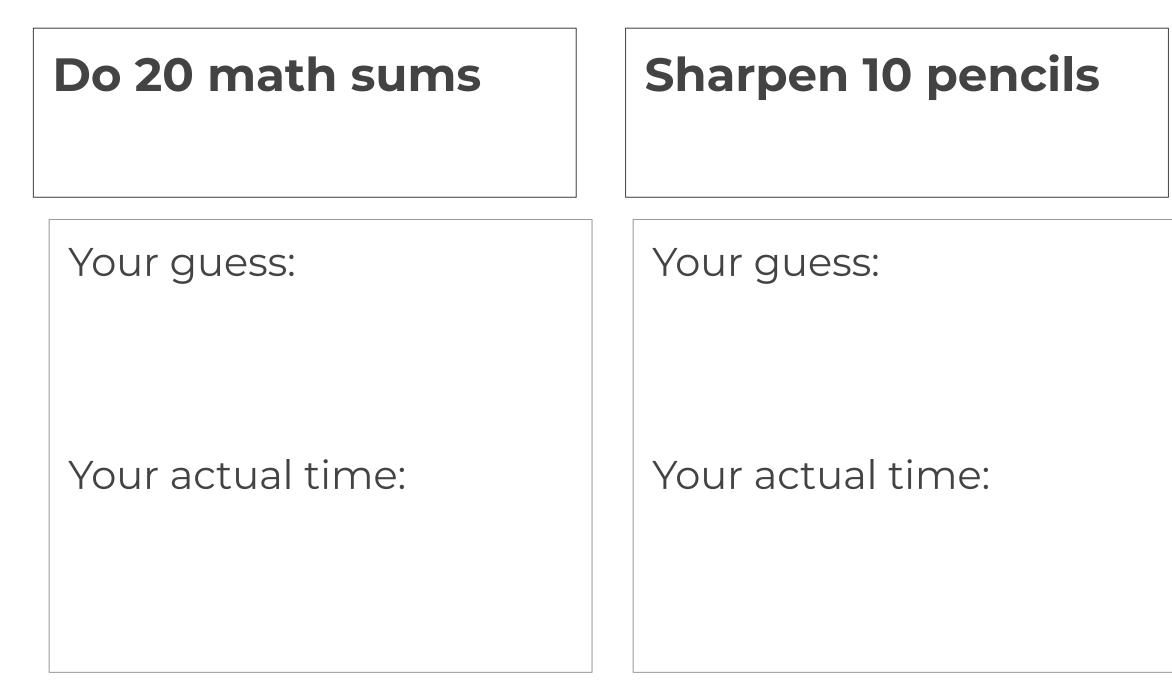
Go get a toy from your room

Your guess:

Your actual time:



Activity 5 - Try this if you are older or looking for a challenge



Get a glass of water (DO NOT RUSH!)

Your guess:

Your actual time:

