

Occupational Therapy

# **Being organised - Time - how long will it take?**

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# Activity 1 - How much time?

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

3 hours

Brush your hair

9 hours

Get a good night's sleep

6 minutes

Go to the cinema

4 minutes

Sneeze

3 seconds

Get your shoes on



## Activity 2 - How much time?

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

10 Minutes

Have a full school day

7 hours

Get changed after PE

Less than 1 second

Do 10 minutes of reading

5 minutes

Feed the pets

3 minutes

Blink your eyes



# Activity 3 - Guess and then time yourself

How long do you think it will take you to?

**Brush your teeth**

?

**Jump up and down  
18 times**

?

**Go get a toy from  
your room**

?



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

**Brush your teeth**

Your guess:

Your actual time:

**Jump up and down  
18 times**

Your guess:

Your actual time:

**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

**Do 20 math sums**

Your guess:

Your actual time:

**Sharpen 10 pencils**

Your guess:

Your actual time:

**Get a glass of water  
(DO NOT RUSH!)**

Your guess:

Your actual time:

