

LESSON 9: FINDING TIME

Directions

DONE (the goal)

In this lesson, you will practice and develop the habit of routinely looking for clocks and other time-telling devices and checking the time throughout the day to build your time awareness. This will help you track and manage your time, letting you see, for example, when you will need to start preparing for a new activity or when you may need to increase your pace to avoid being late.



DO (the steps you will take)

- Look at the image of the apartment provided to help you list some of the rooms in your home on the Finding Time Chart.
- While walking through each room or location in your home, identify the type of clock (digital or analog) and the time-telling tool (wall clock, microwave display, etc.) in that space. If there is no time-telling device in a particular setting, then state which tool you could use to tell the time there (for example, your watch or cell phone) and write down the closest location where you could find a clock or time-telling tool.



Example:

Room	Location of Clock and Type of Clock (Digital or Analog)	What Time Is It?
My bedroom	Alarm Clock (digital)	3:45
Kitchen	On wall behind kitchen table (analog) Microwave (digital)	3:47

Living room	under TV, cable box (digital)	3:48
Car	Above the radio (digital)	3:49
Back deck	No clock, use phone (digital). Closest clock is in kitchen	3:50

GET READY (the materials you will need)

- A copy of the Finding Time Chart
- Pen or pencil

Activity: Finding Time

Room	Location of Clock and Type of Clock (Digital or Analog)	What Time Is It?