

# LESSON 10: GUESSING TIME

## Directions

### DONE (the goal)

People have “internal clocks” that help them to be aware of time, even when there is no physical clock available to show them the time. In this lesson, you will develop the habit of being aware of time and sensing the passage of time by practicing routinely *guessing* the time. For example, you are eating breakfast and guess that it is 7:50 a.m., but when you look at the clock, you see that the time is actually 7:58 a.m. You might feel surprised by how quickly time is passing. You may find that you tend to guess a time that is either *behind* the actual time or *ahead* of the actual time. Guessing either behind or ahead of the actual time can make it hard to know when you may need to start transitioning to be on time for the next task. When you strengthen this skill through repeated practice, you will find that your guesses will become closer to the actual time, and it will be like having your own internal alarm clock reminding you to prepare for your next activity.



## DO (the steps you will take)

- On the Guessing Time Chart, write down where you are and what time you think it is.
- Then check the time. Calculate and record the gap between your guess and the actual time.
- Repeat these steps in different locations throughout the next few days.
- Answer the self-reflection questions provided after the chart to help you determine whether you tend to guess ahead of or behind the actual time and whether your guesses improve with practice.

Example:

Where I Am and the Activity I Am Doing	Guess the Time	Actual Time	Time Gap
<i>Homework in the kitchen</i>	<i>3:35pm</i>	<i>3:45pm</i>	<i>10 min behind</i>
<i>My bedroom- watching YouTube</i>	<i>7:15pm</i>	<i>7:32pm</i>	<i>17 min behind</i>
<i>Living room - waiting for a friend to come over</i>	<i>4:00pm</i>	<i>3:50pm</i>	<i>10 min ahead</i>
<i>Bathroom - getting ready for school</i>	<i>7:45pm</i>	<i>7:50am</i>	<i>5 min behind</i>

## GET READY (the materials you will need)

- A copy of the Guessing Time Chart
- A copy of the Self-Reflection Questions
- Clock or watch
- Pen or pencil

Activity: Guessing Time

Where I Am and the Activity I Am Doing	Guess the Time	Actual Time	Time Gap

## Self-Reflection Questions

### Guess the Time Self-Reflection Questions

Did my guesses tend to be ahead of or behind the actual time?

Were there certain kinds of activities during which it was harder for me to guess the time accurately (e.g., working on an art project, checking social media)? If yes, list these activities:

What are some strategies I can use when I'm doing these activities to help me know when to get ready to make a transition?