

# LESSON 12: SENSING HOW LONG TASKS USUALLY TAKE

## Directions

### **DONE (the goal)**

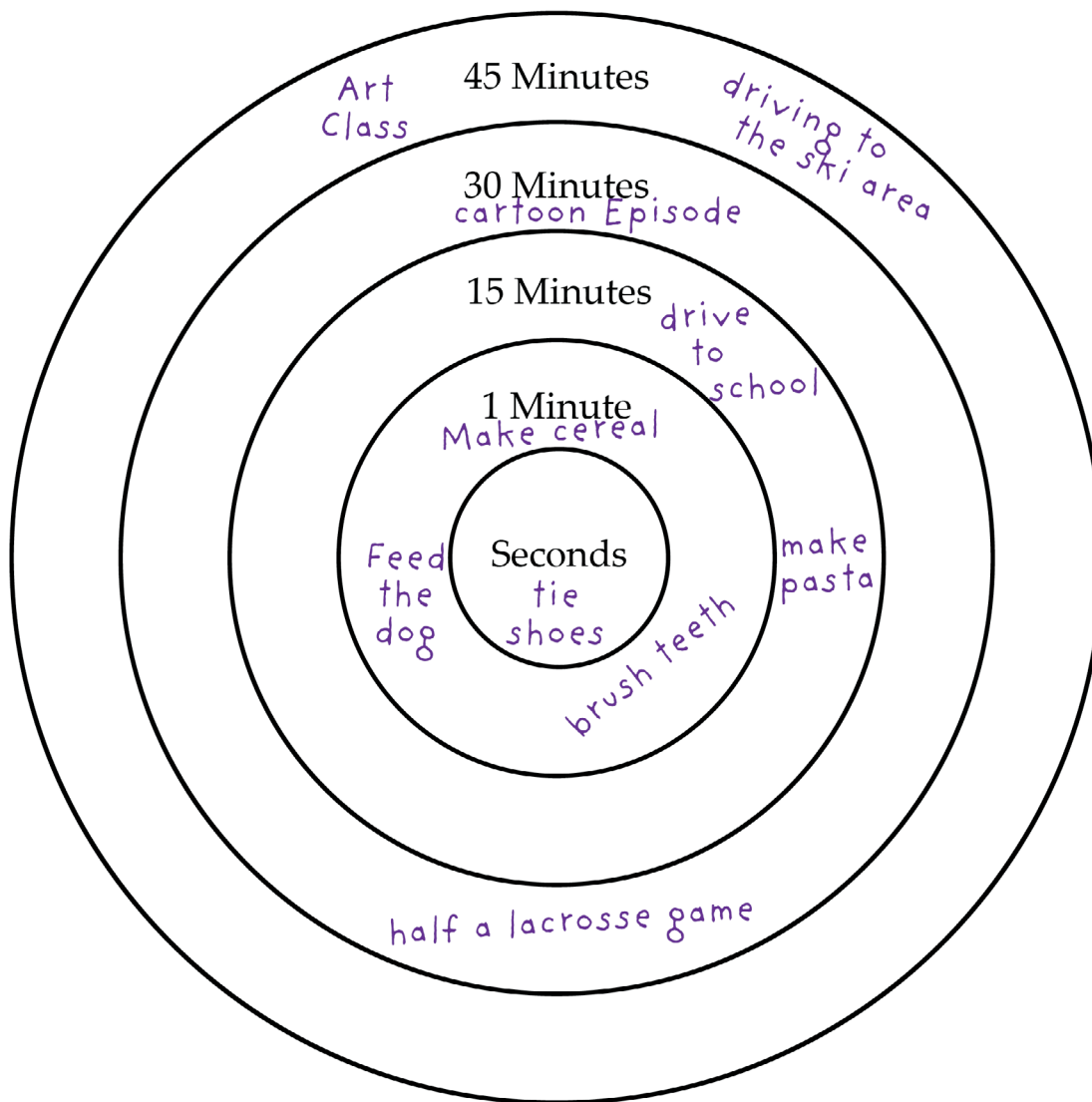
In this lesson, you will practice estimating and keeping track of how long your daily activities usually take. Strengthening this important estimation skill through practice will help you to successfully plan and prioritize tasks throughout your day.

### **DO (the steps you will take)**

- Look at the How Long Do Tasks Usually Take examples on the following page.
- Think about the expected or usual amount of time you have needed to complete your own past tasks and activities.
- On the two blank charts provided, write down activities that you estimate could be completed *within* the range of time marked inside each of the concentric circles.

Example:

In the following chart, the student estimated that their drive to school takes 10 minutes, and so they placed this in the 15-minute circle, which represents activities that usually take more than 1 minute and less than 15 minutes.

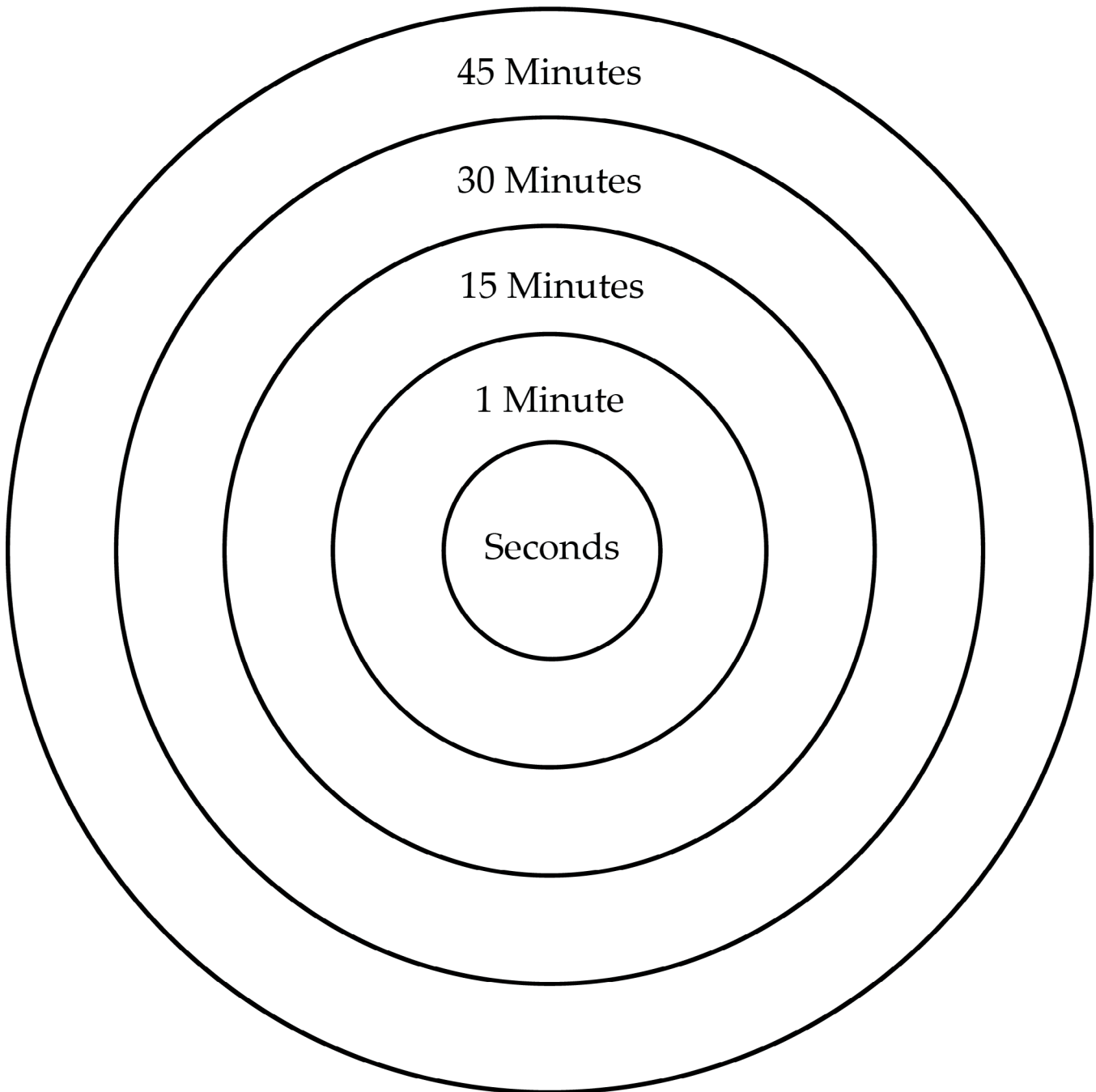


Check how accurate your estimates are by timing your activities over the next few days. (An approximate time is fine.) Mark up your first chart, and fill out a new chart that reflects what you have learned. It is expected that your initial estimates will not all be accurate: You will be learning and improving as you practice this skill. In the previous example, if the student realizes that their drive to school actually takes 15 minutes due to traffic instead of their initial estimate of 10 minutes, they will adjust and write this in a second chart.

### GET READY (the materials you will need)

- Two or more copies each of the How Long Do Tasks Usually Take: Seconds to Minutes and How Long Do Tasks Usually Take: Seconds, Minutes, Hours, Day Charts
- Pen or pencil
- Timer (optional)

**Activity: How Long Do Tasks Usually Take: Seconds to Minutes**



How Long Do Tasks Usually Take: Seconds, Minutes, Hours, Day

