

# Note to Parents

*I recommend making a list of the things that frustrate you and eat up time. When timing the children, don't tell them they are being timed at first. For example, ask them to pick up a specific time, take it to their room, and hang it in the closet. Then report to the children, "Do you realize that took you 10 minutes." Speaking in terms of time is important to stop procrastination. They often think they have more time than they actually do, so they dawdle. Begin asking them to predict how much time they think a task will take to complete. They can check their accuracy and they will get more accurate as time passes. It is difficult to plan when one doesn't know what a minute feels like.*

## Time Testing

Record the amount of time it takes to complete the following tasks. Add daily activities to the list that you do everyday when you are attending school:

<u>Activity</u>	<u>Time in Minutes and Seconds</u>
Brushing your hair	_____
Brushing your teeth	_____
Fixing you breakfast	_____

