



# WHERE DID THE TIME GO??

AN ACTIVITY TO IMPROVE THE  
JUDGMENT OF PASSING TIME

»» An Important Aspect of  
Time Management  
and  
Executive Functioning

# WHERE DID THE TIME GO??



An important aspect of time management is the ability to judge the time required to accomplish a single task or an involved project with multiple steps. Accurate judgment of the passing of time will help a child determine the length of time required to complete various tasks, activities, and projects.

**PURPOSE:** These timed activities were designed to help a child more accurately predict the passing of time.

## **DIRECTIONS:**

### Student:

- The student is to engage in the specified task or activity.
- Without the benefit of looking at a clock or stop watch, the child should attempt to remain continuously engaged in the specified task for the duration of time indicated.
- The student should cease participation when he/she perceives the specified time period has lapsed.

### Adult:

- The adult is to start the timer when the child begins the task or activity.
- The adult stops the timer when the child ceases participation in the task.
- The adult reports the actual time that lapsed; the time is recorded on the chart.

## **GOAL:**

- The student learns to judge the passing of time.
- Help the student determine if he/she got closer to the specified time with each trial.
- The process can occur over a period of days; keep the record sheets to help the student see if he or she improved their ability to judge the passing of time.

WHERE DID  
THE TIME GO??

TASK: Clap Hands Together

DURATION: One Minute/60 Seconds



>>> TRIALS

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

WHERE DID  
THE TIME GO??

TASK: March in Place

DURATION: One Minute/60 Seconds



>>> TRIALS

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

WHERE DID  
THE TIME GO??

TASK: Read a Book

DURATION: Four Minutes/240 Seconds



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TRIALS

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

WHERE DID  
THE TIME GO??

TASK: Hum a Song

DURATION: Two Minutes/120 Seconds



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TRIALS

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

WHERE DID  
THE TIME GO??

TASK: Perform Jumping Jacks

DURATION: One Minute/60 Seconds



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TRIALS

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

WHERE DID  
THE TIME GO??

TASK: Sharpen Pencils

DURATION: Three Minutes/180 Seconds



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TRIALS

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

WHERE DID  
THE TIME GO??

TASK: Color a Picture

DURATION: Two Minutes/120 Seconds



>>> TRIALS

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

WHERE DID  
THE TIME GO??

TASK: Practice Cursive Handwriting

DURATION: Three Minutes/180 Seconds



>>> TRIALS

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_