Dear Families:

Today, we predicted how many jumping jacks we could do in 10 seconds. Next, we timed the actual number of jumping jacks that we could complete in 10 seconds. We then compared our results to our predictions and asked the following questions: “Did we do more jumping jacks than we predicted? Did we do less?” We did this several times to see if we could narrow the gap between our predictions and the number of jumping jacks completed.

The concepts of time and how long activities take or last are often difficult for young children to grasp. You can help reinforce the concept of time at home. Set a timer and have your child do an activity for the set amount of time.

You can also time a tedious or laborious activity. Getting a young child out the door in the morning can be quite a chore. Try timing your child doing certain activities. Say: “Hurry up and put your shoes and coat on. I am going to time you by counting out loud: one…two…three….”

Have fun, and happy time tracking!