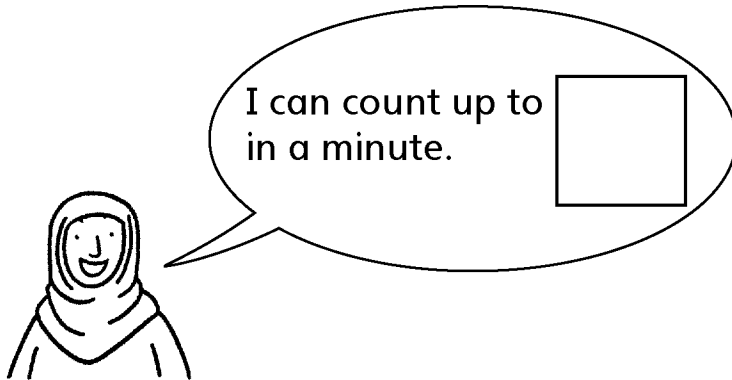
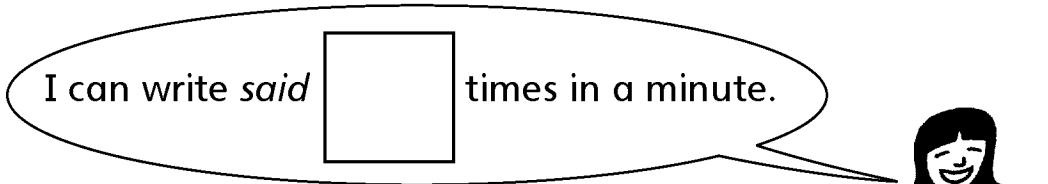
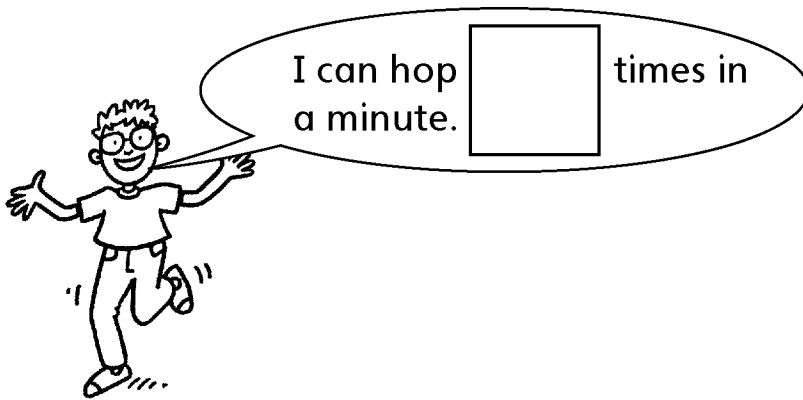


# How long is a minute?

This activity will help your child to understand seconds and minutes.

You will need a stop watch, a digital clock with a second timer or an analogue clock with a second hand.

- Watch the clock and practise counting the 60 seconds in 1 minute.
- Try doing these activities in a minute. Complete the sentences.



If you have time try writing the digital time 1 minute later.

