



How Long It Takes Me To...

Activity 1

Complete this activity with your parent / guardian, there is a copy of this worksheet for them to complete.

Have a think about how long it takes you to complete the following morning activities and write down your time.

Activity	How long do you think it takes you to complete this activity?
Get dressed in the morning	
Eat breakfast	
Brush my teeth	
Get to school	
Pack my school bag	
Put my jacket on and zip up	

Now compare your times with your parent / guardian and then complete activity 2 on the next page.



Activity 2

Now complete the same activities and time yourself.

Activity	How long it actually takes you to complete this activity?
Get dressed in the morning	
Eat breakfast	
Brush my teeth	
Get to school	
Pack my school bag	
Put my jacket on and zip up	

Did you get it right or did it take you longer than you thought?

If this took a long time, it might be best to think about what you could do differently. Working out your morning routine will be helpful when you have to get to school on time.