

Pick a day this week and think about your daily routine! Have a look and record the time for each part of the day.

1.a) What time do you get up in the morning?



b) What time do you have breakfast?



c) What time do you leave for school?



Extension – what is the difference in hours and minutes between the time that you get up and leave for school?

2.a) What time does school start?



b) What time do you come home from school?

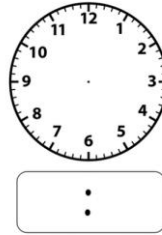


Extension – how many hours are you at school for?

3.a) What time do you usually have your dinner?



b) What time do you go to bed?



Extension – can you work out how many hours you are up for in a day?