



Transition to High School

How Long It Takes My Child To...

Activity 1

Complete this activity with your child, there is a young persons copy of this worksheet for them to complete.

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

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

Now compare your times with your child and then complete activity 2 on the next page.



Activity 2

Your child is now to complete the same activities and time themselves.

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

Did they get it right or did it take them longer than they thought?

If this took a long time, ask your child to think about what they could do differently. Explain to them that working out a morning routine will be helpful when they have to get to school on time. Try not to give the answers, let your child think of ideas.