



What Can You Do in One Minute?

Try different activities and discover what fits into one minute.

Helps Your Child Grow



Scientific Inquiry

Comparing how one minute feels during different activities gives your child practice using words such as fast, slow, long, and short to describe an observation.

Steps

- Adults often say, “One more minute, and then we’re leaving.” Try a small experiment so your child can experience how long one minute feels.
- Set a timer for one minute. Explain, “Counting from 1 to 60 takes about a minute. When the timer rings, the minute is over.” Your child can count along if they wish.
- Compare one minute of two activities, such as sitting quietly and drawing. Say, “Start,” at the beginning and, “Time’s up,” when the timer sounds.
- During each minute, ask once, “How much time do you think has passed?” or “How much is left?” Invite your child to describe their sense of time.
- After both trials, compare them: “Which one-minute activity felt longer?”

Tips

- If your child cannot yet describe the difference, model it: “Drawing felt quick to me,” or “Sitting still made the minute feel slow.”
- Try other one-minute activities, such as jumping, looking at a picture book, or watching a short clip, and compare how each minute feels.

Observations

- ☐ Describes whether one minute felt fast or slow during different activities
- ☐ Sits quietly for 1 minute