



## Time Your Steps

How long? How far?

**Beginner:** Count how many steps (or steady hand claps) it takes to get where you are going.

**[Tip]:** If 1 step or clap is the same as 1 second, count how many seconds it takes to get from point A to point B.

**Intermediate:** Help your child estimate how many seconds it will take them to get from one place to another.

**[Tip]:** If 1 step or clap equals 1 second, make a game of guessing how long it might take to get from point A to point B.

**Experienced:** Help your child estimate how many seconds it will take to make a return trip from point A to point B, and compare whether it takes the same amount of time for an adult as it does for a child.

**[Tip]:** After counting your steps or claps, discuss who had the closest estimation.

**Why is this important?** One of the best ways for children to understand how time and distance are related to one another is to measure real-world activities

**Looking for more information?** Check out our website's [Clock](#) resource to learn how time is measured.

**References:** Harel, B.T., Cillessen, A. H. N., Fein, D. A., Bullard, S. E., & Aviv, A. (2007) It Takes Nine Days to Iron a Shirt: The Development of Cognitive Estimation Skills in School Age Children, *Child Neuropsychology*, 13:4, 309-318, DOI: [10.1080/09297040600837354](https://doi.org/10.1080/09297040600837354)

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