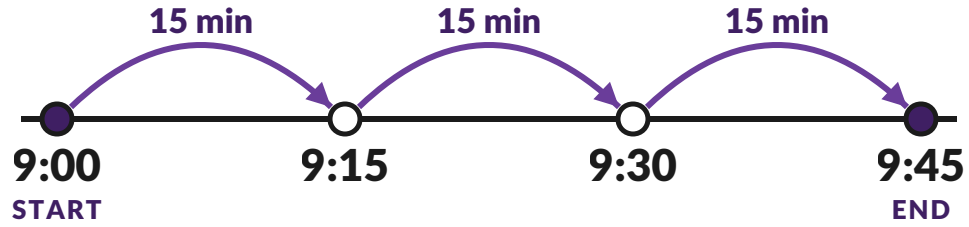
How Long Is It?

1. Find the START and END times.
2. Jump from START to END: 15 min, 30 min, or 1 hour.
3. Add up the jumps. That is how long.

COUNT THE JUMPS

Reading starts at 9:00 and ends at 9:45. How long is it?

3 jumps of 15 minutes.



HOW LONG
45 minutes

Gym starts at 10:45 and ends at 11:15. How long is it?

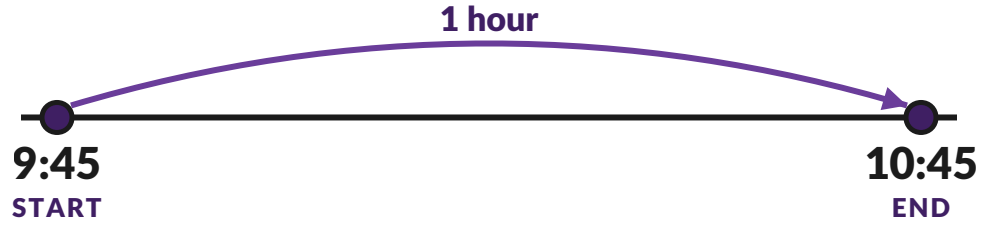
You pass 11:00, so the hour goes up to 11.



HOW LONG
30 minutes

Cooking starts at 9:45 and ends at 10:45. How long is it?

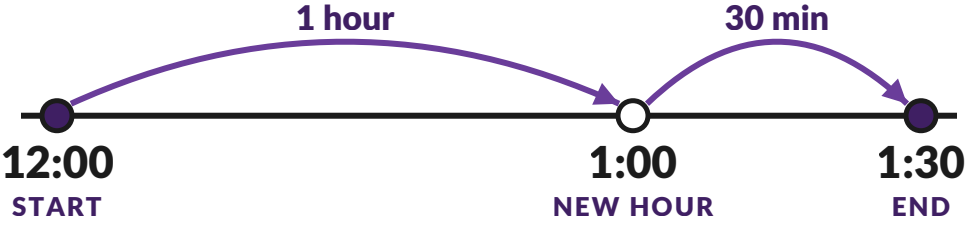
The minutes are the same (:45), one hour later. That is 1 hour.



HOW LONG
1 hour

Art starts at 12:00 and ends at 1:30. How long is it?

After 12:00 comes 1:00. Big jumps first: 1 hour, then 30 minutes.



HOW LONG
1 hour
30 minutes

Reading a Schedule

Activity	Starts	Ends	How long
Morning Meeting	8:30	9:00	30 minutes
Reading	9:00	9:45	45 minutes
Cooking	9:45	10:45	1 hour
Gym	10:45	11:15	30 minutes
Lunch	11:15	12:00	45 minutes
Art	12:00	1:30	1 hour 30 minutes

ADD UP THE JUMPS

Jumps of 15 minutes	1	2	3	4	5	6	7	8
Minutes	15	30	45	60	75	90	105	120
How long	15 min	30 min	45 min	1 hour	1 hour 15 min	1 hour 30 min	1 hour 45 min	2 hours

GOOD TO KNOW

- "How long" is an amount of time. Write 45 minutes, not 9:45.
- After 12:00 comes 1:00.
- Same minutes? Just count the hours: 9:45 to 11:45 is 2 hours.
- Often one thing ends when the next one starts.