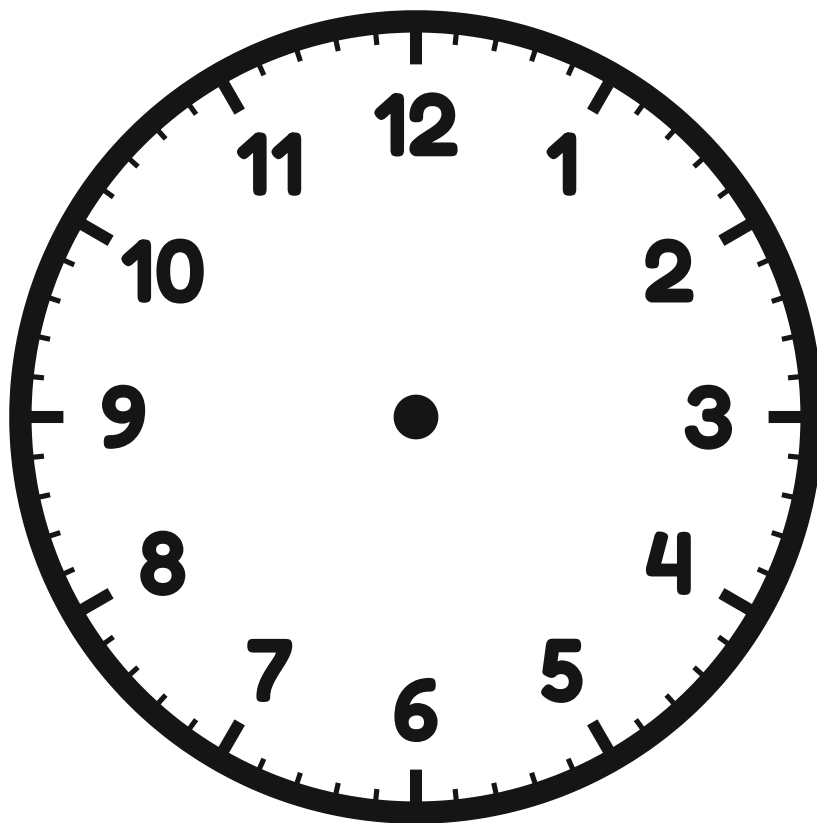


My Very Own Clock

Glue this page to card stock or a cereal box. Cut out the clock and both hands, poke a hole in each center dot and join them with a paper fastener (a grown-up job). Color the short hour hand red and the long minute hand blue.



LONG hand
= minutes (color blue)

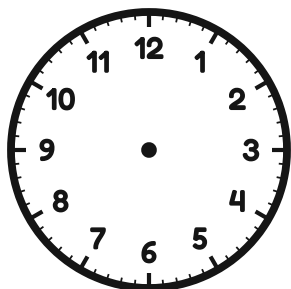


SHORT hand
= hours (color red)

What Time Do We...?

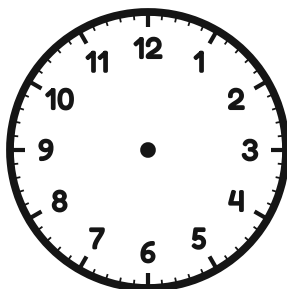
Clocks make more sense when they're attached to real moments. Together, draw the hands for each part of YOUR day (a grown-up can draw them lightly first and your child traces). Write the digital time underneath. Hang it near your real clock.

I wake up



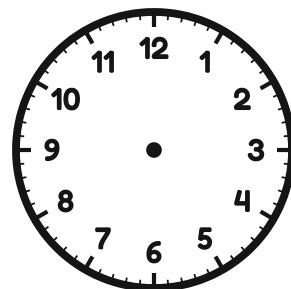
Our time: _____ : _____

Breakfast



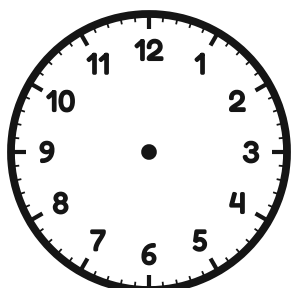
Our time: _____ : _____

Lunch



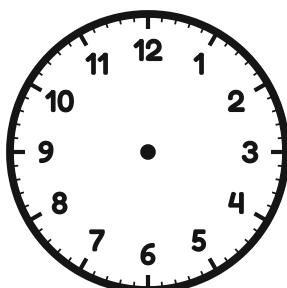
Our time: _____ : _____

Quiet time



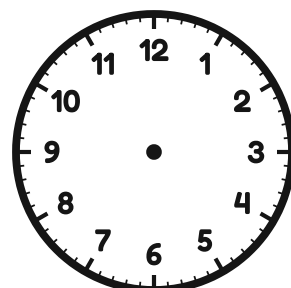
Our time: _____ : _____

Dinner



Our time: _____ : _____

Bedtime



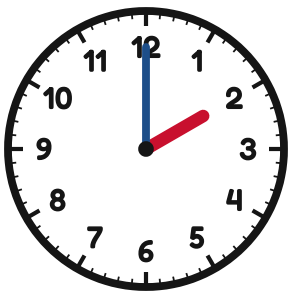
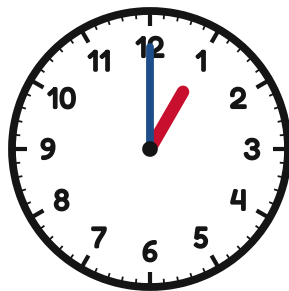
Our time: _____ : _____

Our “Fall Back” Bedtime Plan

Daylight saving time ends Sunday, November 1, 2026 at 2 a.m., when clocks go back one hour (NIST). The AAP suggests nudging naps and bedtime a few minutes each day, starting about a week before. Fill in your usual bedtime, then move it a little later each night (for example, 10 minutes).

Our usual bedtime: _____ Nudge each night by: _____ minutes Morning light outside? ✓ every day

Night	Date	Bedtime tonight (draw it or write it)	Done!
Night 1			☐
Night 2			☐
Night 3			☐
Night 4			☐
Night 5			☐
Night 6			☐
Night 7			☐



At 2:00 a.m. on Nov 1 the clock jumps back to 1:00 a.m. On Saturday evening, let your child help turn a wall clock back one hour: a real-life telling-time lesson. (Arizona and Hawaii don't change clocks.)