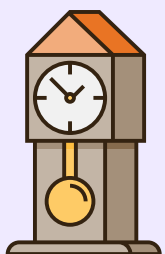


Use this tool to learn about time and to help overcome time blindness

Time blindness is when someone has trouble understanding how much time has passed or how much time is needed to complete a task. It can be a symptom of ADHD, ASD, or other learning differences. People with time blindness might have trouble with things like getting places on time or finishing tasks before a deadline.

Getting to know time



Time is a way to measure how long something lasts or to know what happens before, now, or after. It helps us keep track of events and understand when things happen. It's an important idea that we use in many parts of life!

Watch this video on how to tell time




Practice telling time with these
FREE worksheets

Time Mapping Activity

Time mapping is a great way to become more familiar with how much time is passing and how much time is needed to complete a task. It gives you a visual representation of your task list and it can help you stay on track and better manage your time. Below is a suggested template:



Task	Time Given	Actual Time
★		
★		
★		
★		
Distractions		
Tasks for later		



- List the tasks in order of interest or importance (include breaks!). Check them off when they're complete.
- Record both the time you are giving the task and how much time it actually took so you can better predict how much time a task takes
- List the things that distracted you from your tasks so you can try and avoid or accommodate them next time
- If you notice something else that needs attention, write it as a 'task for later' so you can focus on your existing tasks and work on the new task later



Set a timer for the amount of time you have given a task so you can see how far you get and better estimate how long the task takes!

Keep a list of tasks and the time required to complete them to make time mapping easier!