

A Children's Guide To Understanding Time

Time Waits for no one

**A Children's Guide
To
Understanding Time**

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DEDICATION

this book is for learning
for helping
this book is **grace**
basantes

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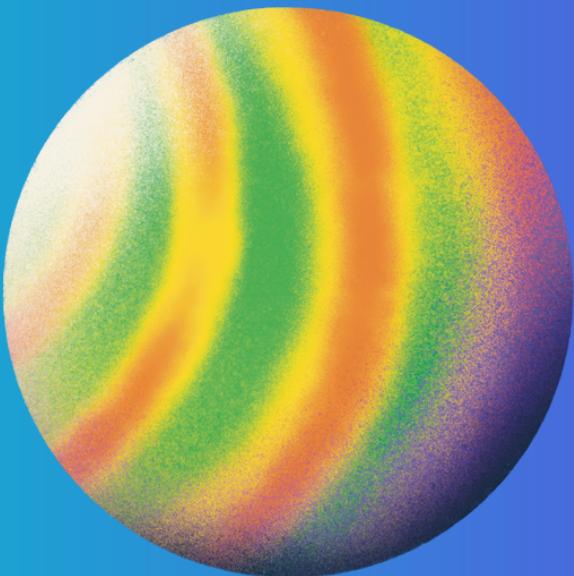


C H A P T E R



01

Introduction to the concept of time



Hi there! Have you ever noticed
that the world around us is
always changing?



The sun rises
the seasons
go and we
every day.
because of something called

and sets,
come and
grow older
This is all

TIME

TIME

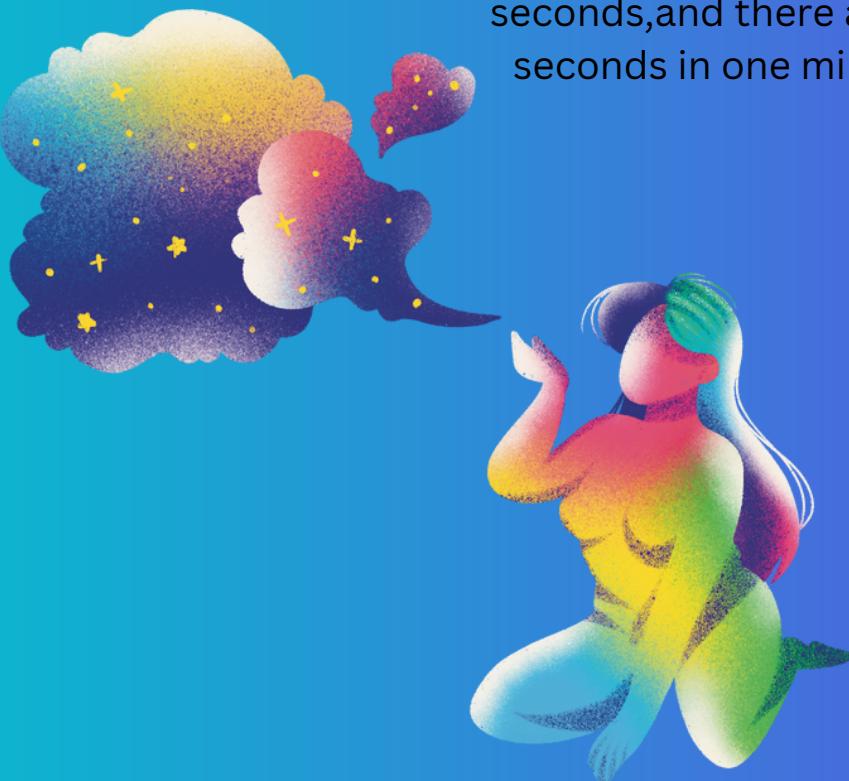
is like a big clock that helps us keep track of all the changes that happen in the world.



just like how you can look at a clock on the wall and know what time it is, we use time to know when to wake up in the morning, when to eat to lunch, and when to go to bed at night.

for example,

it might only take a few seconds to tie your shoes or to count to ten. minutes are the next unit up from seconds, and there are 60 seconds in one minute.



We use minutes to measure slightly longer periods of time, such as how long it takes to brush our teeth or to watch a short video.

Days

are the largest unit of time we use in our everyday lives, and there are 24 hours in one day. We use days to measure the time it takes for the earth to complete one rotation on its axis, which is what causes the sun to rise and set.



We also use days to measure how long we go to school or work before we have a weekend or holiday break.

So, we use seconds, minutes, hours, and days to measure different amounts of time depending on what we need to keep track of.

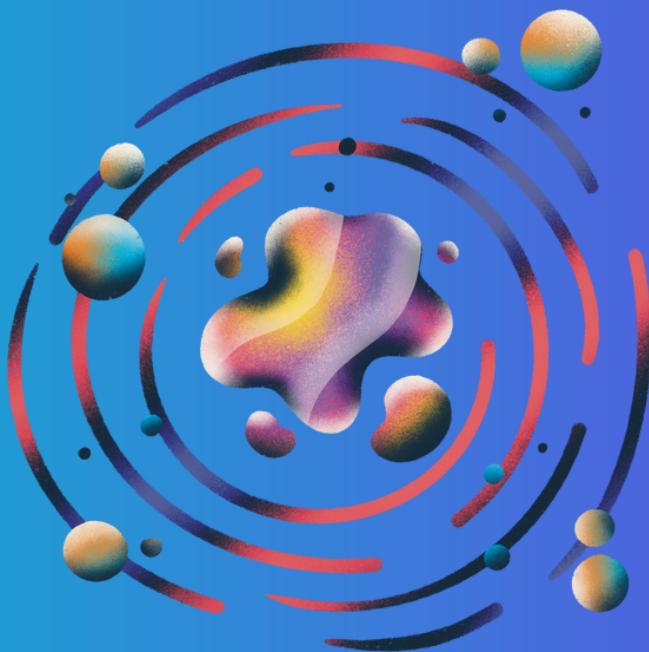
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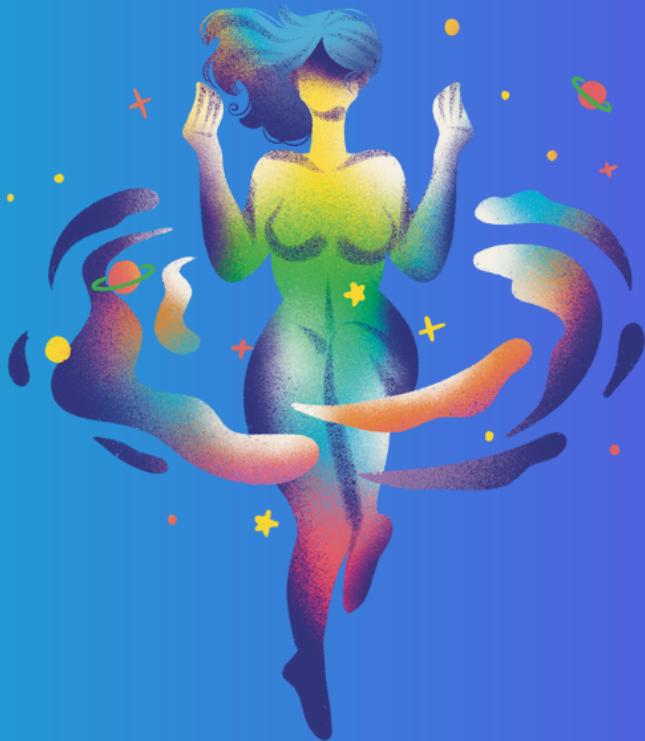
CHAPTER

02

Discussion of the lifespan of humans and how time affects it



Have you ever wonder how long people can live for?



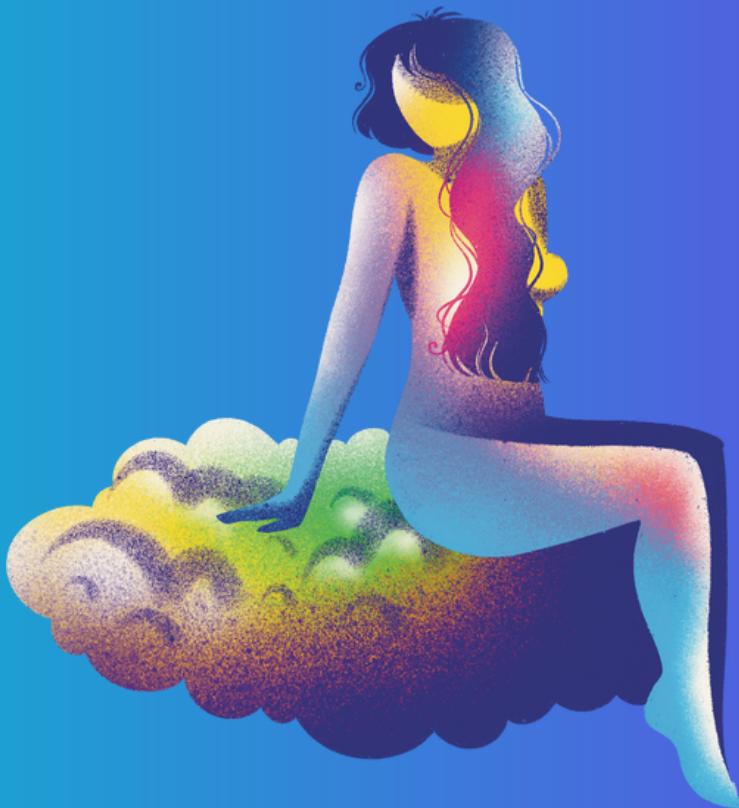
A long time ago, people didn't live as long because they didn't know as much about how to stay healthy and clean. But now, we have learned a lot and people can live much longer!

To live a long life, it's important to take care of our bodies by eating healthy foods, exercising, not smoking, and not drinking too much alcohol.



Sometimes, our genes (which we get from our parents) can also affect how long we live, but there are still things we can do to stay healthy and live a long life.

so remember....



If we take good care of our bodies
and try to stay healthy, we can live
a long and happy life!

Explanation of how we can make the most of the time we have



**Do you want to make the
most out of the time you
have?**



Here are some ways you can do that

Have fun goals

It's like having a treasure map that shows you where the treasure is! Think of something you want to learn or do, like visiting a new place or learning a new hobby. This will give you something to look forward to and make you excited about your day.

Choose wisely

Just like how you pick your favorite candy, you need to choose what you spend your time on. Do you want to play outside or watch TV? Remember, it's important to do things that make you happy and help you grow.



Enjoy the moment

Have you ever tasted a yummy treat and enjoyed every bite? That's what it means to enjoy the moment! Take time to enjoy and appreciate the things around you, like your family, friends, and nature.

Make Friends

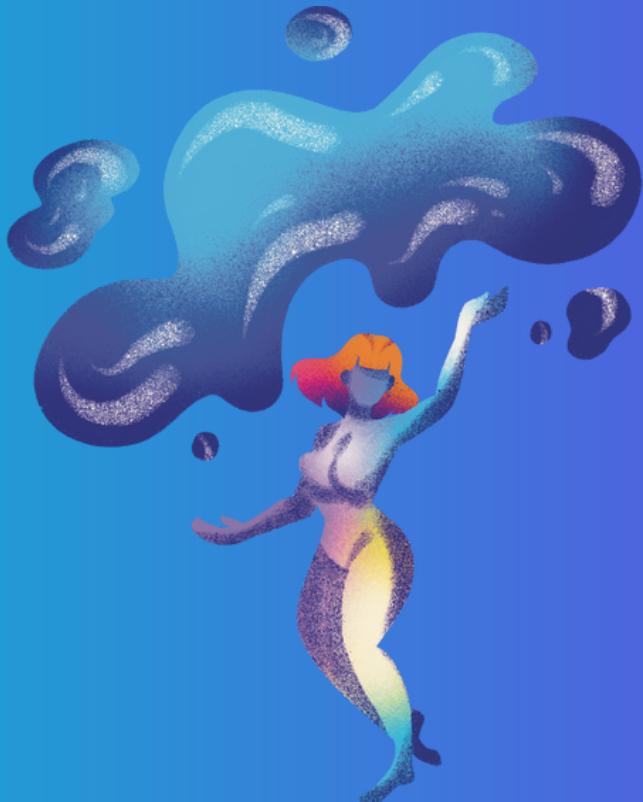


Making friends is like finding new teammates! It's important to make connections with others and build strong relationships that make you happy and supported.

You need to take care of your body and mind, just like you brush your teeth to keep them healthy! Eat yummy and healthy food, get enough sleep, and play games or do activities that make you happy.

Take care of yourself

Remember by setting fun goals,
choosing wisely, enjoying the moment,
making friends, and taking care of
yourself, you can make the most of
your time and live a happy life!



03



C H A P T E R

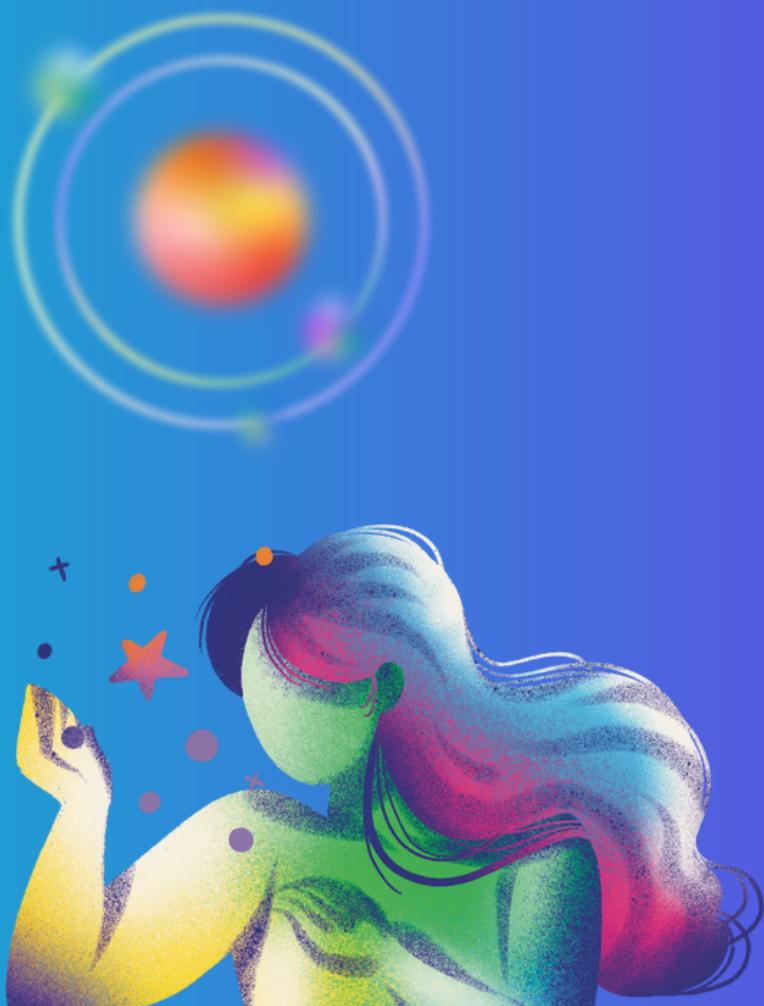


03

**Explanation of how it
takes time for things to
develop (e.g. plants,
animals, technology)**



**Many things in life take
time to develop. Let's look
at some examples**



Plants

When you plant a seed in the ground, it takes time for it to grow into a beautiful flower or a yummy vegetable .



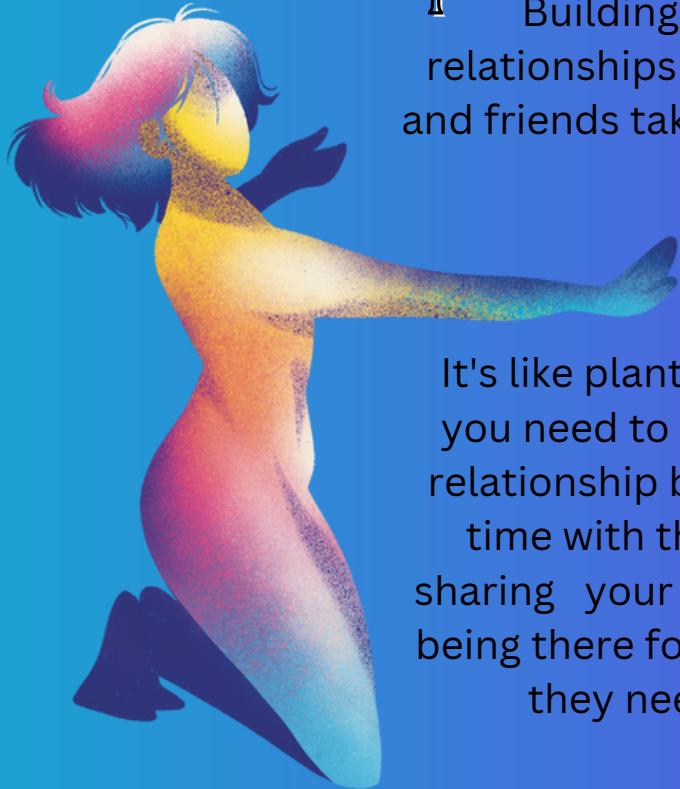
The seed needs water, sunlight, and nutrients from the soil to grow, and this process can take days, weeks, or even months.

Animals

Just like how you grow taller and stronger over time, animals also take time to grow and develop. A baby bird needs to learn how to fly and hunt for food before it can survive on its own, and this can take months or even years.

Relationships

Building strong relationships with family and friends takes time too.



It's like planting a seed - you need to nurture the relationship by spending time with the person, sharing your feelings, and being there for them when they need you.

Technology

Technology is something that humans create, and it also takes time to develop. Think about your favorite video game or app - it didn't just magically appear one day! People had to design and create it, test it, and make improvements over time.

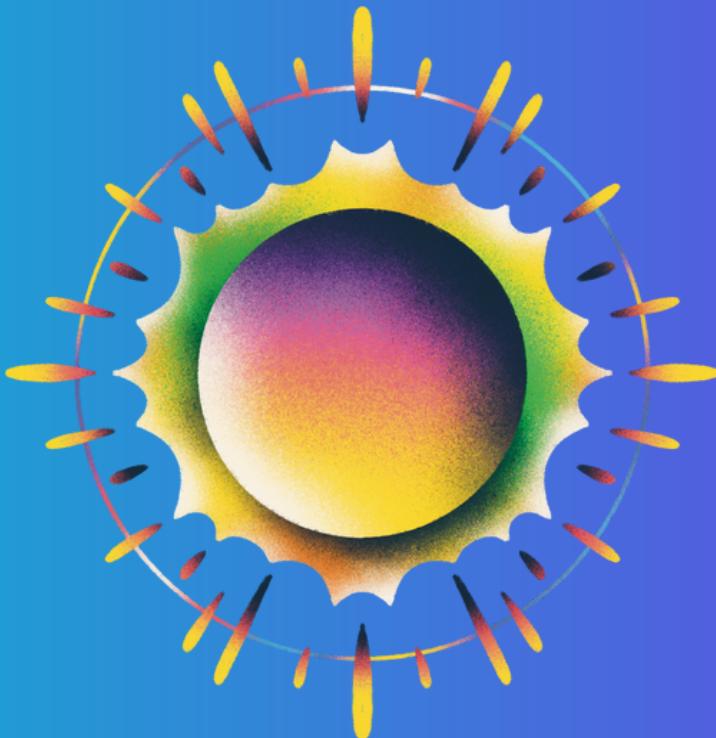
So you see



many things in life take time to develop. This means that we need to be patient and persistent if we want to see results. Whether it's watching a plant grow, waiting for an animal to mature, creating new technology, or building strong relationships, the process takes time but the end result can be

worth it ?

Examples of how patience and perseverance can lead to success



Patience and perseverance



Patience and perseverance are important qualities that can help us achieve success in many different areas of life.

Here are some examples:

Learning a new skill

Learning a new skill, like playing an instrument or speaking a new language, takes time and practice. It's important to be patient and not give up, even when it feels difficult. By persevering and continuing to practice, we can eventually master the skill and feel a sense of accomplishment.



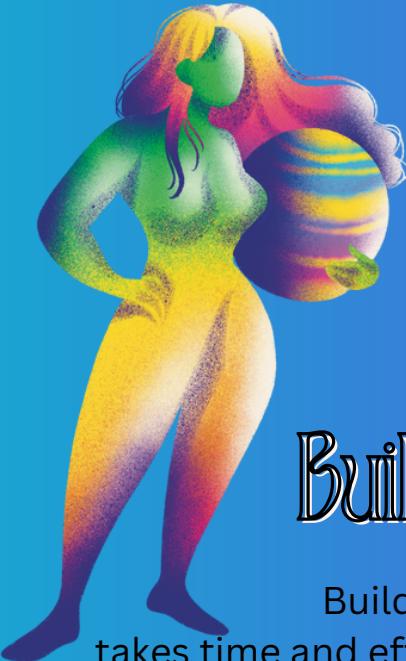
Reaching a fitness goal

Getting in shape or achieving a fitness goal, like running a marathon, also takes patience and perseverance. It's important to set realistic goals and work towards them gradually, rather than trying to do everything at once. By sticking with a workout routine and not giving up, we can eventually reach our fitness goals and feel proud of ourselves.

Overcoming challenges

Life can be full of challenges, like facing a difficult problem or going through a tough time.

By being patient and persevering, we can overcome these challenges and come out stronger on the other side.



This might mean seeking help from others, taking small steps towards a solution, or simply being patient and waiting for things to get better.

Building a career

Building a successful career takes time and effort. It's important to be patient and not expect instant success, as it often takes years of hard work and perseverance to achieve our career goals. By staying focused, working hard, and not giving up, we can eventually achieve success in our chosen field.



These are just a few examples of how patience and perseverance can lead to success. By staying patient, working hard, and not giving up, we can achieve our goals and live a fulfilling life.

04



C H A P T E R



04

Discussion of how waiting can be challenging but also necessary



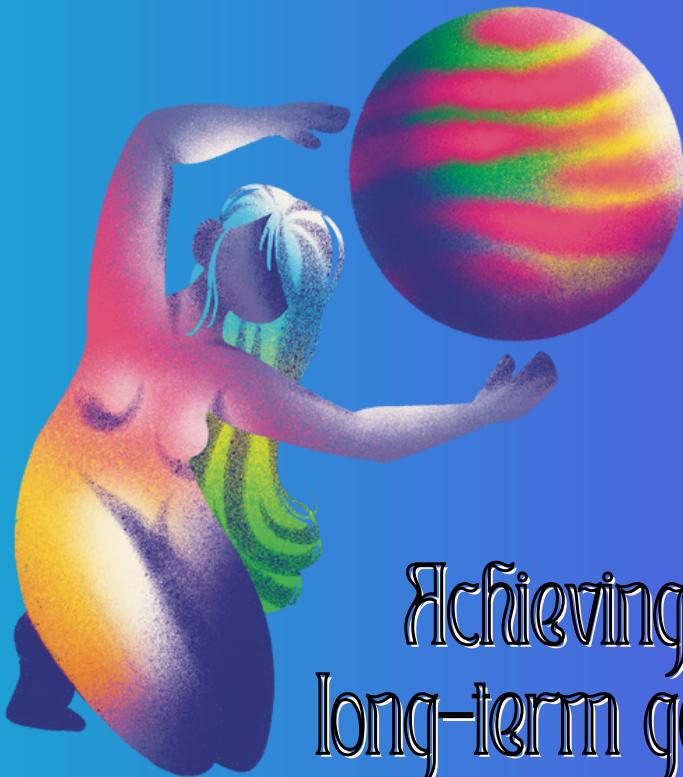
Waiting can be challenging

Waiting can be challenging because it requires us to be patient and endure a period of time without immediate results or gratification. However, waiting can also be necessary for a variety of reasons.



For example,

waiting can be necessary for:



Achieving long-term goals

Sometimes, we need to wait patiently to achieve our long-term goals.

Whether it's finishing school, getting a job, or saving up money, these goals often require time and effort to achieve.

Making important decisions



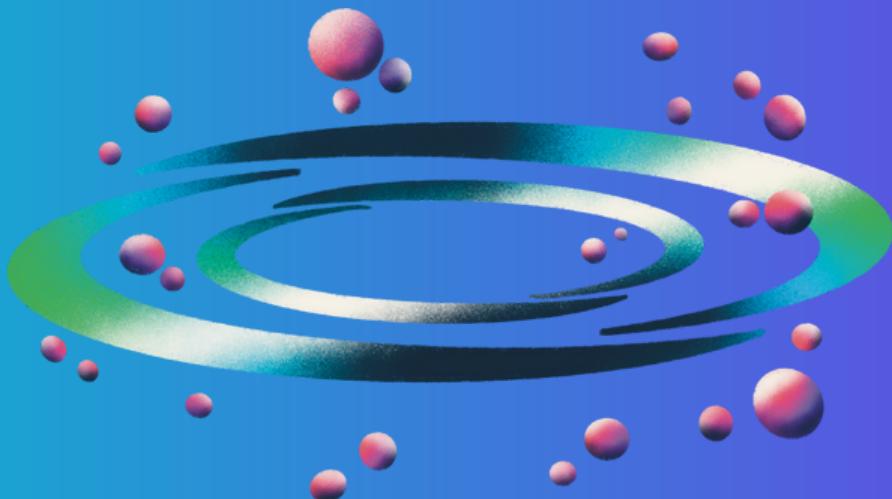
Sometimes, it's important to take the time to think things over and make careful decisions. Rushing into a decision without considering all of the options can lead to negative consequences.



Allowing things to unfold naturally

Some things simply take time to happen. For example, a plant needs time to grow and develop, and we need to wait patiently for it to bloom. Similarly, we may need to wait for a relationship to develop naturally, rather than trying to force it.

While waiting can be challenging, it can also be a time for personal growth and reflection. By learning to be patient and endure waiting periods, we can develop resilience, determination, and an appreciation for the things that are truly important in life.



Overall, waiting can be both challenging and necessary. By understanding the reasons for waiting and finding ways to cope with the challenges, we can learn to embrace waiting periods as a natural part of life.

**Examples of situations
where waiting is important
(e.g. waiting for a friend,
waiting for a meal to cook)**



Waiting for a friend

Sometimes we need to wait for our friends, whether it's because they're running late or they're busy with something else. Waiting for a friend is important because it shows that we value their time and our relationship with them.

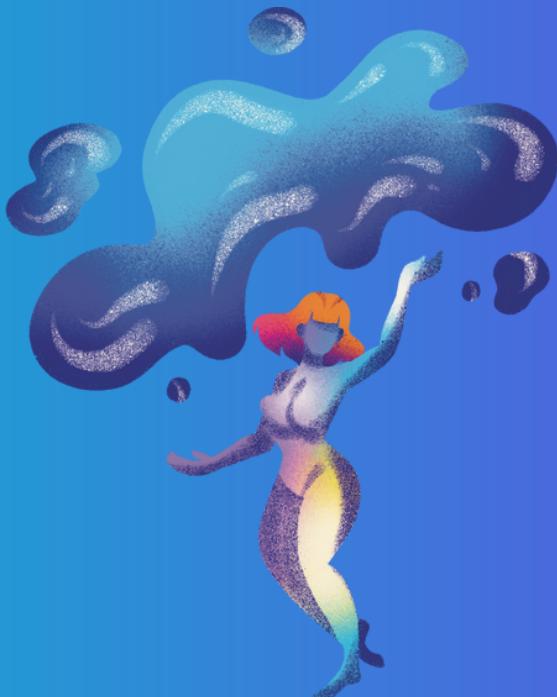
It's also an opportunity to practice patience and mindfulness.



Waiting for a meal to cook

When we're hungry and waiting for a meal to cook, it can feel like it's taking forever.

However, waiting for a meal to cook is important because it ensures that the food is safe to eat and tastes delicious. Rushing the cooking process can lead to undercooked or burnt food, which can be dangerous or unappetizing.

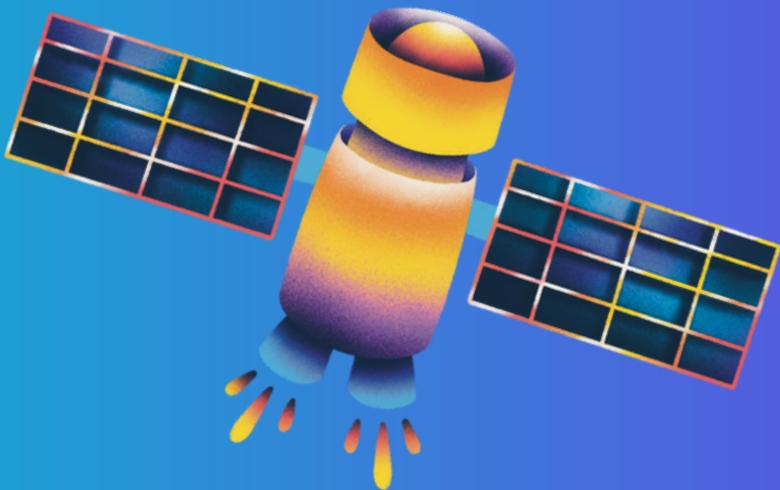


Waiting for a test result



When we go to the doctor for a test, we may need to wait for the results to come back. While waiting can be stressful and anxiety-inducing, it's important because it allows the doctors to carefully analyze the test results and make an accurate diagnosis. Rushing the process could lead to misdiagnosis and improper treatment.

Waiting for a new season of our favorite TV show



While this may seem like a trivial example, waiting for a new season of a TV show is important because it builds anticipation and excitement. It also allows the creators and producers to take the time to carefully craft a new season that meets the expectations of the audience.



These are just a few examples of situations where waiting is important. While waiting can be challenging, it's an essential part of life that teaches us patience, mindfulness, and the importance of taking the time to do things properly.

05

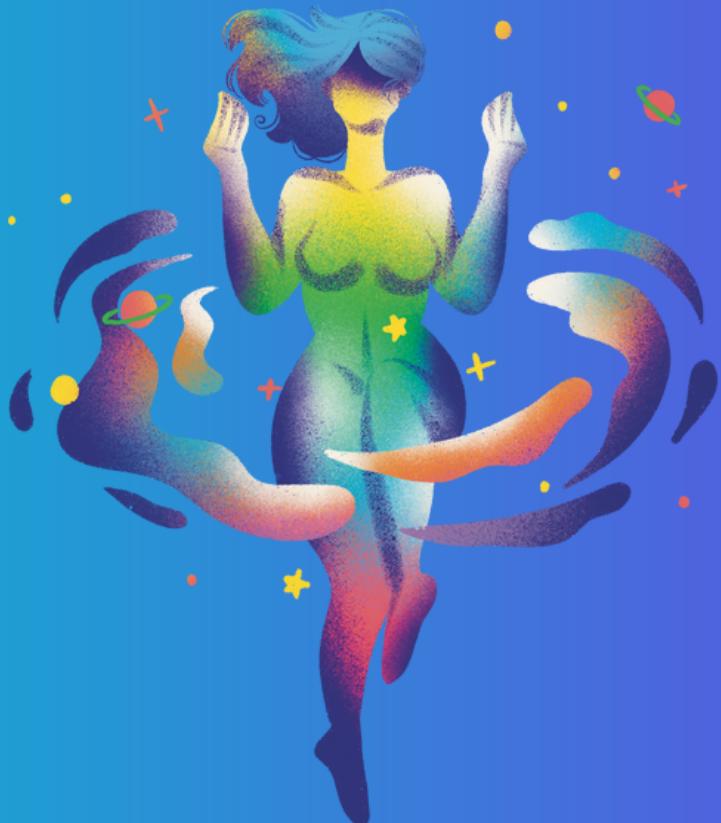


C H A P T E R

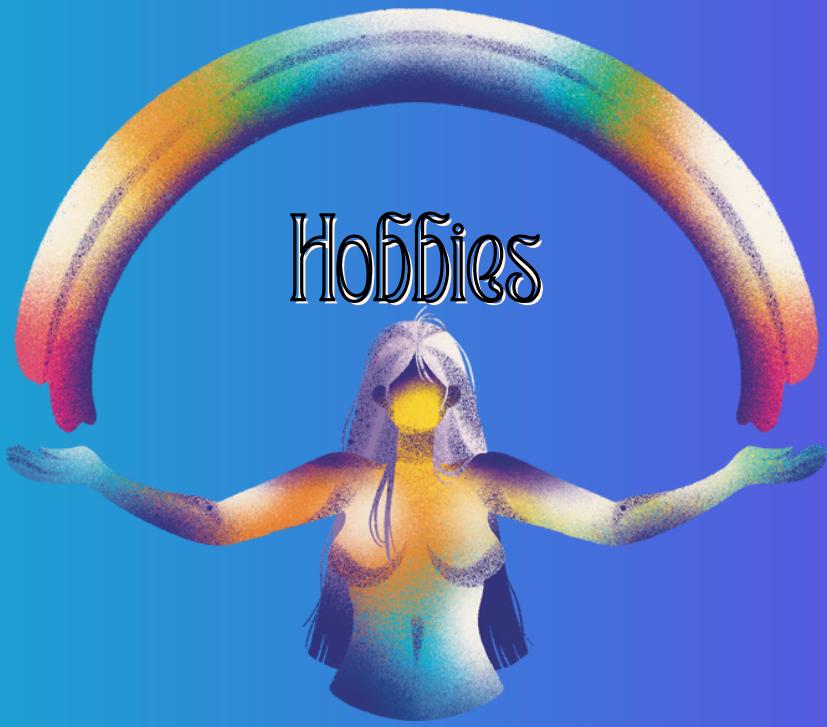


05

Explanation of how time can be used for fun activities



Time is a valuable resource that can be used in many ways, including for fun activities! Here are some examples of how we can use our time for fun activities



Hobbies are a great way to use our time for fun and enjoyable activities. Whether it's playing an instrument, painting, or gardening, engaging in a hobby can bring joy and fulfillment to our lives.

sports and outdoor activities



Sports and outdoor activities, such as hiking, swimming, or playing basketball, are also great ways to use our time for fun activities. These activities not only provide physical exercise, but they also offer a chance to socialize with friends and family.

Traveling

Traveling to new places and experiencing different cultures can be a fun and enriching way to use our time. Exploring new sights, trying new foods, and meeting new people can be both exciting and educational.

Spending time with loved ones



Spending time with loved ones is one of the most enjoyable ways to use our time. Whether it's having a family game night, going out for a meal with friends, or just spending quality time with a partner, being with people we care about can bring a lot of happiness and laughter into our lives.



These are just a few examples of how we can use our time for fun activities. It's important to remember that taking time for ourselves and engaging in activities that bring us joy and happiness is essential for our mental and emotional well-being. So, let's make sure to use our time wisely and enjoy all the fun activities life has to offer!

special thanks
to:



mommy's got you

grace

And



Mi papa

Jorge basantes

AUTHOR BIO



Raquel oyola

mother of five
children with tips on
life. Lessons on
spanish or english?
In todays word i
believe is one in the
same. With a lil
luck, faith, and
GRACE this is will be
one of many books
to come.