



# Nature-Watch

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## It's About Time

### *Recommended Products:*

[Pocket Sundial Activity Kit \(#140\)](#)

1. Skill Builders (2)
  - a. "Illustrate or describe how 3 ancient civilizations kept track of the passage of time. Or, compare Hebrew, Mayan, Chinese & Gregorian calendars with one another."
  - b. Many devices keep track of time. Construct your own timekeeper by using regularly occurring events you see or experience.
  - c. Name 3 regular time cycles in nature. Devise a system for keeping time based on one of these cycles.
  - d. Compare the ages of rites of passages in 3-4 cultures. What do you think was or will be your most significant rite of passage.
  - e. Compare the use of rhythm & time values of notes in 4 styles of music. Does how long a note is held or the beat affect how we feel or what we do?
  - f. Do you feel there isn't enough time in a day? Read pages 118-120 in 'A Resource Book for Senior GS'. Create a time clock of activities you do weekly.
2. Technology (1)
  - a. Use a library's resources to help you find fashion pictures of another era.
  - b. Use camera equipment to take a time-lapse photo. Try photographing in different light and settings.
  - c. Find out about the technology of quartz crystal time-pieces.
  - d. List 4 ways time-keeping devices have been used in medicine. Draw pictures of these devices to display.
  - e. Find out about the principles behind an atomic clock. Why and how is an atomic clock used?
3. Service Projects (1)
  - a. Has technology lived up to its promise of freeing us from drudgery? Interview people of different generations & compare amount of time spent on work/leisure activities.
  - b. "Set up & manage a ""time bank"" to provide services for people in your community who have special needs."
  - c. "After consulting with teachers, or family, make a time line of 2-3 of the development stages a child goes through. Donate chart to parents or a day care center."
  - d. Organize a call-in service for the elderly of your community to help them keep appointments & take medications.
4. Career Exploration (1)
  - a. "Design 2-3 articles of clothing for a woman of another era. Research through books, museums or college's history departments."
  - b. Find out what a time management consultant does by interviewing or reading about one.
  - c. Interview 4 people in different careers to find out how they make use of time in their work.
  - d. Create a time management plan that incorporates exercise & leisure activities for today's busy women. Ask 3 women to try your plan for a week. Share the results.
  - e. "Create your own personal time line. Chart where you'd like to be and have accomplished in 1, 5 & 10 years."