MATH

Converting units of time



Name _____ Date _____

I can convert seconds, minutes, hours, days, weeks, months and years.

1 How it works

A minute is 60 seconds and an hour is 60 minutes. A day is 24 hours, a week is 7 days and a year is 12 months. Multiply to change to a smaller unit: 3 hours = 3 × 60 = 180 minutes. To change 150 minutes to hours, divide by 60: 2 hours with 30 minutes left over.

Remember

1 minute = 60 seconds
1 hour = 60 minutes
1 day = 24 hours
1 week = 7 days
1 year = 12 months

2 Convert

Big unit to small unit: multiply. Small to big: divide.

1. 21 days = ____ weeks
2. 2 weeks = ____ days
3. 48 months = ____ years
4. 4 days = ____ hours
5. 8 hours = ____ minutes
6. 4 years = ____ months
7. 5 minutes = ____ seconds
8. 3 hours = ____ minutes
9. 3 days = ____ hours
10. 6 minutes = ____ seconds

How did I do? ☆ ☆ ☆

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MATH · CONVERTING UNITS OF TIME

Tables and mixed units

Name _____ Date _____

I can complete a conversion table and change mixed units.

1 Complete the tables

Look for the pattern down each column.

1 hour = 60 minutes

hours	minutes
1	60
2	
3	
4	
5	

1 day = 24 hours

days	hours
1	24
	48
3	
	96
	120

2 Change to the smaller unit

Change the big unit, then add the rest.

1. 1 minute 22 seconds = ____ seconds
2. 4 hours 8 minutes = ____ minutes
3. 3 days 2 hours = ____ hours
4. 4 weeks 2 days = ____ days
5. 9 years 1 month = ____ months
6. 2 minutes 42 seconds = ____ seconds

How did I do? ☆ ☆ ☆

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Compare and regroup

Name _____ Date _____

I can compare measurements and change to bigger units.

1 Write >, < or = in the circle

Change to the same unit first.

1. 9 days ◯ 216 hours
2. 9 weeks ◯ 60 days
3. 3 years ◯ 36 months
4. 4 hours ◯ 240 minutes
5. 7 minutes ◯ 420 seconds
6. 8 minutes ◯ 461 seconds

2 Change to the bigger unit

How many whole big units? What is left over?

1. 261 minutes = ____ hours ____ minutes
2. 187 hours = ____ days ____ hours
3. 24 days = ____ weeks ____ days
4. 41 months = ____ years ____ months

3 Think about it

1. How many seconds are in 2 minutes?
2. Which is longer, 100 minutes or 2 hours?
3. How many hours are in 2 days?

How did I do? ☆ ☆ ☆

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Word problems

Name _____ Date _____

🎯 **I can solve measurement problems by changing units.**

1 Read, convert, solve

Show your work in the box. Write the unit in your answer.

1 A movie is 2 hours long. How many minutes long is it?

Answer: _____

2 Leo reads for 20 minutes every day for 1 week. How many minutes is that in all?

Answer: _____

3 A car trip takes 150 minutes. How many hours and minutes is that?

Answer: _____

4 Hana is 9 years old. How many months old is Hana?

Answer: _____

How did I do? ☆ ☆ ☆

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FOR TEACHERS AND PARENTS

Answer key: converting units of time

1 Page 1

Convert: 1) 3 weeks; 2) 14 days; 3) 4 years; 4) 96 hours; 5) 480 minutes; 6) 48 months; 7) 300 seconds; 8) 180 minutes; 9) 72 hours; 10) 360 seconds.

2 Page 2

Table 1) 120, 180, 240, 300
Table 2) 2, 72, 4, 5
Smaller unit: 1) 82 seconds; 2) 248 minutes; 3) 74 hours; 4) 30 days; 5) 109 months; 6) 162 seconds.

3 Page 3

Compare: 1) =; 2) >; 3) =; 4) =; 5) =; 6) >.
Bigger unit: 1) 4 hours 21 minutes; 2) 7 days 19 hours; 3) 3 weeks 3 days; 4) 3 years 5 months.
Think: 1) 120 seconds; 2) 2 hours (120 minutes); 3) 48 hours.

4 Page 4: word problems

1) 2 × 60 = 120 minutes
2) 7 × 20 = 140 minutes (2 hours 20 minutes)
3) 150 = 2 × 60 + 30, so 2 hours 30 minutes
4) 9 × 12 = 108 months

5 Teaching tip 💡

Time does not grow by tens, so 1 hour 30 minutes is not 1.30 hours. Have children write mixed times with both units every time until the habit sticks.

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