

Learn How Long Tasks Take

Attention planning and follow through | Adults and teens 13+ | 10 to 15 minutes

Compare a time estimate with one observation to improve a future plan.

Planning gets harder when a task takes longer than expected or when preparation time is invisible. Use one low-stakes activity to learn about your own timing. The result is information for planning, not a grade.

Choose one repeatable activity

Examples include getting ready to leave, answering a routine email, or packing lunch. Estimate the whole sequence, including finding materials and putting things away. Write the estimate before starting.

Observe once

Use a clock or timer if comfortable and practical. Note the start and finish, interruptions, and any waiting. If timing makes you anxious or distracts you, use a rough observation with your clinician instead.

Build a more realistic plan

Compare the estimate with what happened. Identify one overlooked step and a reasonable buffer for next time. Avoid turning one observation into a fixed rule. Repeat on another day only if it would be useful.

The activity and my estimated total time

What happened and the observed time

Preparation, interruptions, or transitions I overlooked

My next estimate and a practical adjustment