

Mindful MATH

Proud to Be Primary

Measurement & Time



3rd Grade Comprehensive Math Curriculum

Mindful MATH



Measurement & Time

What is Included in this Comprehensive Unit:

- ♥ Standard -based lessons
- ♥ 10 detailed lesson plans
- ♥ Practice worksheets
- ♥ Warm-up task cards
- ♥ Whole group number talks with speaking prompts
- ♥ Discussion questions
- ♥ Vocabulary posters
- ♥ "I Can" math standard posters
- ♥ Mental Math flash cards
- ♥ Math journal prompts
- ♥ Math games and centers
- ♥ Instruction sheets activities
- ♥ 3 assessments: Quick Check task cards, pre & post-tests for each lesson, & unit test

Metric & Imperial versions are provided for every lesson & activity!

The collage includes several educational materials:

- DIY Time Problems**: A worksheet with a table for recording time problems and solutions.
- Mindful MATH - Time + Measurement Lesson 2: Telling Time**: A worksheet with conversion problems like "2 hours = _____ minutes" and "3 days = _____ hours".
- I Can estimate and compare lengths**: A poster with a table for comparing objects (Pencil, Paperclip, Paper, Eraser, Measurement) and a list of directions for estimating capacity.
- Mindful MATH 3rd Grade**: A poster with a clock and the text "twelve o' five".
- Mindful MATH 3rd Grade**: A poster with a grid of small illustrations for a matching or identification activity.
- units of time**: A poster listing time intervals: seconds, minutes, hours, days, weeks, months, and years.
- digital clock**: A poster with a digital clock face and a calendar.
- Mindful MATH 3rd Grade**: A poster with a measurement problem: "Davis is 132 centimeters tall and Walker is 1290 millimeters. Davis is he is taller because 1290 is larger than 132. Is he correct?" with illustrations of two children.
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Measurement & Time

What's included in this 500+ page unit:

Curriculum Map & Unit Overview

Unit	Topic
Unit 1	Numbers to 1000
Unit 2	Addition & Subtraction
Unit 3	Multiplication
Unit 4	Division
Unit 5	Fractions
Unit 6	Time & Measurement
Unit 7	Geometry
Unit 8	Data & Probability
Unit 9	Money & Financial Literacy
Unit 10	Algebra & Co.

Lesson	Topic	Standard
Lesson 1	Introduction to Time	
Lesson 2	Telling Time	MD.1.1
Lesson 3	Time Word Problems	MD.1.1
Lesson 4	Measuring Length	MD.1.2
Lesson 5	Measuring Weight	MD.1.3
Lesson 6	Estimating and Comparing Length	MD.1.2
Lesson 7	Estimating Capacity	MD.1.4
Lesson 8	Estimating and Comparing Capacity	MD.1.4
Lesson 9	Measuring Mass	MD.1.3
Lesson 10	Estimating and Comparing Mass	MD.1.3

Detailed Lesson Plans

Opening Activities
Students complete Task Card #2 with a partner. Complete, Journal Prompt #2 on a sheet or on whiteboards, or in notebooks. OPTIONAL: the host

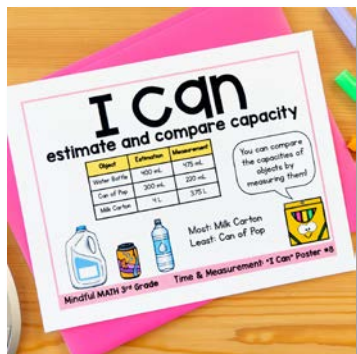
Number Talks
Complete Number Talk Activity 2 together on the board. Have students either independently or with a partner, complete Mindful Math cards set #2 (partners should rotate roles). Have students go through the cards with a partner and take turns explaining the numbers.

Whole Group Lesson
Introduce the lesson goal with "I Can" poster #2. Ask students if they know the two types of clocks - display pictures or show examples of a digital and analog clock. Discuss the components of an analog clock including the hour hand, minute hand, and numbers on the clock face. Draw an analog clock on the board and label the hour hand, minute hand, and numbers on the clock face. Ask to read the hour hand by explaining that it points to the current hour. Ask to read the minute hand by explaining that it points to the current minute. Ask to read the time together. Use "What Time is it when the hour hand points to 3?" Ask to read the time on the board and draw on the board for minutes. Explain that the minute hand is longer and moves faster than the hour hand. Ask to read the minute hand by explaining that it points to the current minute. Ask to read the time together. Use "What Time is it when the hour hand points to 3 and the minute hand points to 6?" Draw an analog clock on the board and label the hour hand, minute hand, and numbers on the clock face. Ask to read the time on the board using a digital clock (e.g., 9:30, 1:45) and ask students to represent the same time on their analog clocks or in their drawing. *Wrap up the lesson by showing various times on an analog clock on the board and asking students to read the time. Make sure to explain to students that as the minute hand moves around the clock, the hour hand is moving too, just slower. Show them that for each hour, the hour hand won't pass directly one number (example: for 1:50, the hour hand is between the 1 and 2 but you are still in the "1" or clock hour).

Vocabulary Posters



"I Can" Posters



Task Cards



Mental Math Cards



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What's included in this unit:

Number Talks



Worksheets & Answer Keys



Journal Prompts



Hands-On Activities



Discussion Questions



Assessments & Answer Keys



This Mindful MATH unit covers

- ♥ Telling time
- ♥ Time word problems
- ♥ Measuring mass, capacity, and length
- ♥ Estimating Measuring mass, capacity, and length
- ♥ Estimating Measuring mass, capacity, and length
- ♥ And more!



Mindful MATH

HAS WHAT TEACHERS LOVE!

- This ONE math curriculum unit is all you need to teach this math concept and meet the standards.
- Use each lesson and follow-up activities to cover your math block each week.
- The unit easily extends to an entire month of instruction.
- It covers standards and skills that Third Grade students need to learn before Fourth Grade!
- It saves you time as the planning is done for you!
- Make math FUN with a variety of activities, centers, and games.
- Keep kids engaged and help them build important math skills and fluency!
- You will have ALL the materials you need to successfully teach (with no need to supplement)!



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See a Lesson Plan Up-Close

Quick, independent warm-up activities.

Mental math cards help build fluency & Number Talks encourage peer interaction.

Lesson can be easily broken down into mini-lessons and small-group instruction.

Use the lesson goal to guide the lesson.

Teach important math vocabulary.

Mindful MATH - Time • Measurement		
Lesson 10 : Estimating and Comparing Mass		
Opening Activities	Students complete Task Card #10 with a partner. Complete Journal Prompt #10 on a chart, on mini whiteboards, or in notebooks. OPTIONAL: Pre-test.	
Number Talks	*Complete Number Talks Activity 10 together on the board. *Have students either independently or with a partner, complete Mental Math cards set #9 (various items). Have students go through the cards and state whether the items would be measured in grams or kilograms (ounces or pounds).	
Whole Group Lesson	*Introduce the lesson goal with "I Can..." poster #10 *Review with students what mass is and what it means to estimate and compare. Remind them of what they learned in previous lessons and comparing length and capacity in previous lessons. *Next, go over again the measurements of mass: grams (ounces, pounds) and kilograms (pounds, ounces). Remind students that you use different units of mass when talking about different things. For example, when you are describing the mass of a penny, you would use grams (ounces), and when you are describing the mass of a can, you would use kilograms (pounds). *Place a variety of items in front of you and explain to you are going to practice estimating mass. Describe the items about the mass of a raisin or a paperclip, and that a kilogram is the mass of a small watermelon or a liter of water. (One kilogram is about the mass of a small child and one pound is about the mass of a shoe or football.) From each item, guess whether grams or kilograms (ounces or pounds) would be the best unit for measurement. *Then, collect student guesses for the items, mass before finding out the actual mass. Do this with 3-5 different items. *Tell students that you are going to think about containers' mass while comparing it to another. You can use words like "lighter than," "heavier than," or "equal mass" to describe the items. Have students estimate the mass of 2 classroom items and talk with students about which they think is heavier/lighter. Then, weigh the items to find the answer. Repeat with 2 more objects.	
Independent Practice	Students complete the pre-test. Use pages provided (3 page options for lesson #10) by following the directions on top of each page.	
Hands-On Activities	CENTER: Fraction Sort - Students use cards that have equally divided shapes that represent different parts they represent (halves, thirds, fourths, etc). CENTER: Spinner Fractions - Students use two spinners to choose a numerator and a denominator. Then, they record the fraction and draw a picture representing the fraction.	
Assess	Students complete Quick Check #3 and/or a post-test assessment (can name fractional parts).	
Hands-On Activities	CENTER: Measurement Task Cards - Students record answers to task cards about length, capacity, and mass. CENTER: Estimate then Exact - Students choose 5 classroom items. First, they estimate the mass, and then measure the exact mass of the object.	
Assess	Meet and have students complete Quick Check #10 and/or a post-test assessment (I can estimate and compare mass).	
Lesson Goal	Questions	Lesson Materials
estimate and compare mass	*Can you think of a time in real-life that you would need to estimate or measure an item's mass? *If the grocery store? While cooking?	Task Card #10 Journal Prompt #10 Chart Paper Boards & Markers Notebooks Pre & Post tests Number Talk 10 Mental Math set #10 "I Can" Poster #10 Scale & Balance Items for mass Measurement Task Cards Estimate sheet Exact sheet Quick Check #10
Vocabulary	lighter, heavier	

Lessons for the whole group include teacher part and student practice of skills.

Differentiated practice pages build understanding of concepts.

Hands-on math activities, games, and centers build math fluency.

Quick check, pre and post-tests, and a unit test are included.

Discussion questions for whole or small group.

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Discussion Questions

Each lesson has 3 discussion questions that can be used for small group or whole group instruction. The discussion questions are in poster form to be printed for teacher reference or projected for the students to see. You can also find questions on each lesson plan.



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Vocabulary Posters

Each lesson has vocabulary words that are important for students to understand. You are provided with two types of vocabulary posters (with visuals and without) in both black and white and color for teachers to display in the classroom or on the board for student reference during and after lessons.



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Number Talks

Number Talks encourage independent thinking while building a student's ability to express their own ideas. Each lesson comes with an open ended math question that can be used for a whole or small group discussion. Speaking prompts are also included on each number talk. An extra PowerPoint file is included for you to project to your class.



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"I Can" Posters

"I Can" concept posters are included for every lesson in this unit. They clearly describe and illustrate the mathematical concept in the lesson and align to the standards being taught. They are helpful to lead your lesson and as a visual reminder for students. Read the prompts to students, discuss, and then replicate the examples together.

I can
understand concepts of time and how they relate to each other.

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

Time can be measured in many different ways. By hours, days and even seconds!

I can
estimate and compare lengths

Longest: Pencil
Shortest: Paperclip

Object	Estimation	Measurement
Pencil	25 cm	15 cm
Paperclip	1 cm	5 cm
Stapler	20 cm	10 cm

We can compare the lengths of objects by measuring them.

Mindful MATH 3rd Grade Time & Measurement "I Can" Poster #6

I can
estimate and compare capacity

Object	Estimation	Measurement
Water Bottle	400 mL	475 mL
Can of Pop	300 mL	220 mL
Milk Carton	4 L	375 L

You can compare the capacities of objects by measuring them!

Most: Milk Carton
Least: Can of Pop

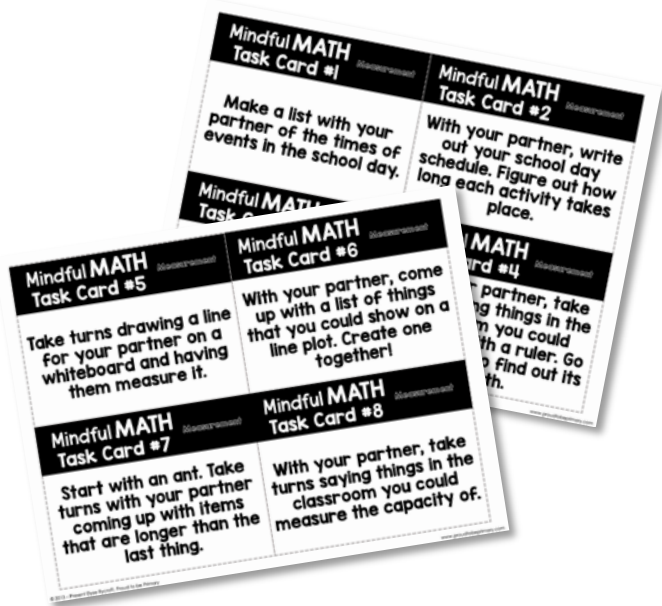
Mindful MATH 3rd Grade Time & Measurement "I Can" Poster #8

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Warm-Up Task Cards

Task cards are a great warm-up to your math block. They provide a fun way to review and practice the skills taught in the lessons. Have students work independently, with a partner, or as a group to complete a quick math task.



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Mental Math Flashcards

Mental Math flashcards help build a child's mental math ability and fact fluency. Each lesson includes a creative way to use the cards, such as games, fact recall, and student call-out activities. These cards are also great to use as independent and small group review. Simply put them in a box for students to grab!

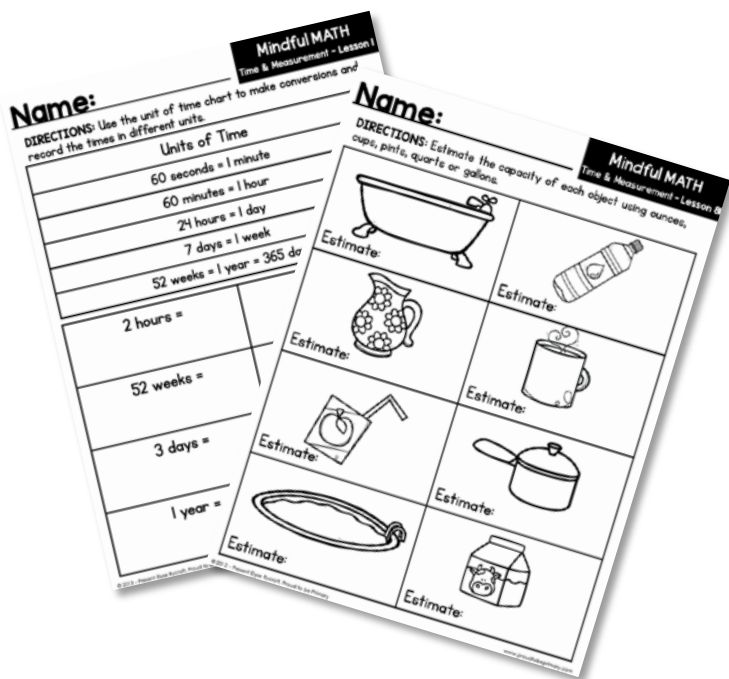


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Practice Worksheets

Each lesson includes differentiated worksheets for your students to practice their math skills. Select the no-prep worksheets you wish for your students to complete, and then assign. These versatile pages are engaging, straightforward, and fun to complete.

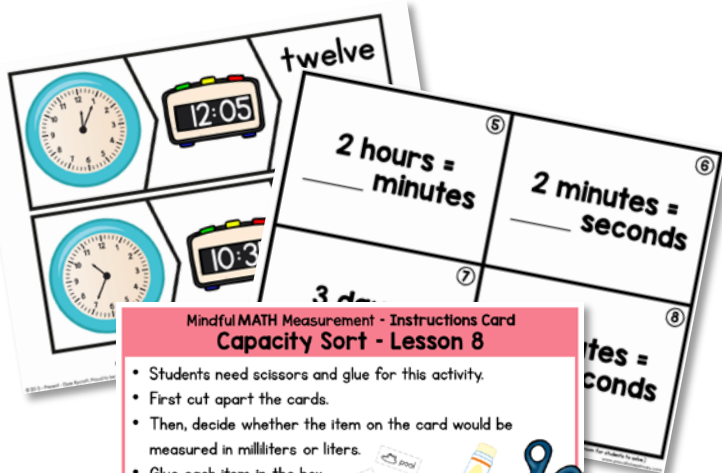


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Math Centers & Games

There are a variety of fun and engaging math activities included for every lesson. These hands-on activities encourage focused math practice. They are great for small groups, partner games, and math centers. Instruction cards for each activity are also included!



Mindful MATH Measurement - Instructions Card
Capacity Sort - Lesson 8

- Students need scissors and glue for this activity.
- First cut apart the cards.
- Then, decide whether the item on the card would be measured in milliliters or liters.
- Glue each item in the box with the unit of measure that would be used.
- When complete, there will be 4 cards in each section.
- With extra time, write more items on the back.

Name: _____

Capacity Sort	
Milliliters	Liters
juice	



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3 Types of Assessments

There are three assessments included for every lesson: A 2-page pre-test and post-test, as well as a Quick Check assessment task card. The post-test help provide you with data about what your student knows and if they have acquired the necessary skills they need to know. Use the Quick Checks as a short activity for individuals or small groups to complete and show their understanding. There is also a final unit test.

Mindful MATH Pre-Test - Lesson 1
Name: _____ Date: _____
Use the unit of time chart to determine if each equation is true or false.

Units of Time	
60 seconds = 1 minute	7 days = 1 week
60 minutes = 1 hour	52 weeks = 1 year
24 hours = 1 day	365 days = 1 year
2 weeks = 14 days	1 year = 52 weeks

Mindful MATH Post-Test - Lesson 1
Name: _____ Date: _____
Use the unit of time chart to determine if each equation is true or false.

Units of Time	
60 seconds = 1 minute	7 days = 1 week
60 minutes = 1 hour	52 weeks = 1 year
24 hours = 1 day	365 days = 1 year
4 weeks = 28 days	1 year = 104 weeks

Mindful MATH Measurement - Quick Check #2
Write and fill in:
minutes = 1 hour
hours = 1 day
days = 1 week
days = 1 year

Draw clocks that show:
4:05
1:20
5:37

Mindful MATH Measurement - Quick Check #3
Start with 12:00. Answer the following:
-What is 15 minutes later?
-What is 1 hour later?
-What is 2 hours and 30 minutes later?

Mindful MATH Measurement - Quick Check #4
For each object, write what measuring tool should be used:
-Book
-Car
-Pencil

Mindful MATH Measurement - Quick Check #5
Show the following ages on a line plot:
7, 8, 7, 8, 8, 9, 4, 10

Mindful MATH Measurement - Quick Check #6
Write 1 thing longer than 30 cm and 1 thing shorter than 30 cm.

Mindful MATH Pre-Test - Lesson 5
Name: _____ Date: _____
Use the line plot to fill in the measuring data table.

Object	Measurement (centimeters)
Orange	10 centimeters
Milk Carton	20 centimeters
Measur	30 centimeters

Mindful MATH Measurement - Quick Check #1
Start with 12:00. Answer the following:
-What is 15 minutes later?
-What is 1 hour later?
-What is 2 hours and 30 minutes later?

Which object is the shortest? **The cup.**
Which object is the longest? **The book.**

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Lesson Materials

Everything needed to successfully teach the lessons included in this pack! Some lessons also have student friendly posters of important topics that can be displayed in the classroom. Other lessons may require math tools and we have provided you with printable versions of some of these to make teaching easier.



Use Mindful MATH for...

- ♥ Your Guided Math routine
- ♥ Whole group mini-lessons
- ♥ Small group instruction
- ♥ Supplement your math program
- ♥ Math warmups
- ♥ Math centers
- ♥ Assessments
- ♥ Sub-plans
- ♥ Home review





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aligns to the standards

- 3.NF.A.1
- 3.NF.A.2
- 3.NF.A.2a
- 3.NF.A.2b
- 3.NF.A.3
- 3.NF.A.3a
- 3.NF.A.3b
- 3.NF.A.3c
- 3.NF.A.3d

This unit provides review of second grade time standards to prepare students for third grade concepts.

This unit aligns to Third Grade Common Core standards for time and measurement and other state and Canadian standards.

Use it to teach the standards in the U.S. and Canada.

Name: _____

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Time & Measurement - Lesson 3

DIRECTIONS: Read the time on the clock, then add the correct interval of time. Write the new time on the digital clock.

 <p>Add 45 minutes</p> <p>3:24</p>	 <p>Add 10 minutes</p> <p>5:10</p>
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 <p>Add 20 minutes</p> <p>1:10</p>	 <p>Add 20 minutes</p> <p>2:43</p>
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 <p>Add 10 minutes</p> <p>8:10</p>	 <p>Add 10 minutes</p> <p>1:10</p>
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1/2 hour = _____ minutes

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Measure
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Meas
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Meas
Write 1 thing I
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Why

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BACKGROUND

The Mindful Math curriculum incorporates focused math learning opportunities and many components within each unit. The activities are hands-on and mind-on, meaning students are actively working on math and engaging their minds. Mindful Math lessons encourage different ways of thinking and representing math concepts.

Mindful Math includes a variety of thoughtful lessons and activities to help meet the needs of learners and their learning styles. Students will have many opportunities to learn, practice, and review new strategies and develop math fluency through whole group warm-ups and lessons, mental math, number chats, journals, centers, games, and assessments.

Mindful Math was created to give teachers a comprehensive math curriculum that engages minds and leaves students knowledgeable and fluent in math concepts. The curriculum aligns to the U.S. Common Core standards, the Canadian math curriculums in B.C. and Ontario, as well as many other math curriculums around the world.

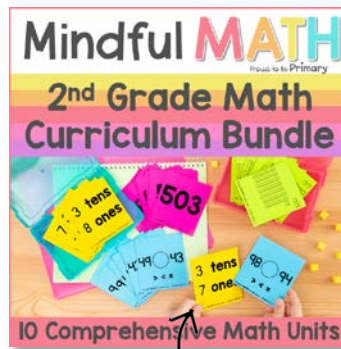
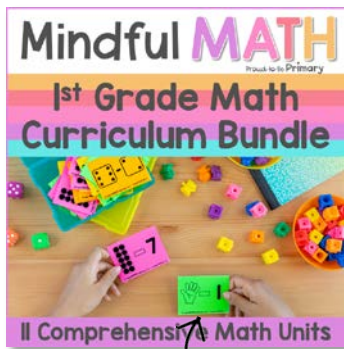
How to Teach **math** Easily & Effectively

With Elyse from Proud to Be **Primary**

Learn about teaching math
effectively in our
FREE e-course.
CLICK to join!



Mindful **MATH** Curriculum for K-3

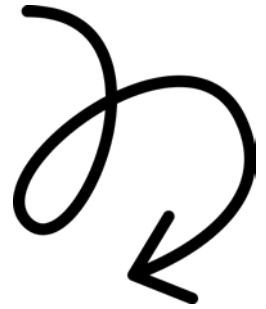


Click the images to see the Mindful Math curriculum
BUNDLES with **EVERYTHING** you need for the whole year!

Want a FREE Sample of Mindful MATH?



SIGN UP TO GET A MINDFUL MATH 3rd Grade LESSON & MATERIALS FOR FREE!



I'd love for you to try a sample of 3rd Grade Mindful Math with your students to see if it is a perfect fit for you and your students!

[**CLICK HERE TO GRAB YOUR FREE SAMPLE!**](#)