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A Second, a Minute, a Week with Days in It: A Book about Time
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A Second, a Minute, a Week with Days in It: A Book about Time explains time in a way that should help children comprehend how long an hour is, not just the abstract idea of sixty minutes. There are sixty seconds in a minute, sixty minutes in an hour, twenty-four hours in a day, and seven days in a week. Months can have a different number of days, but there are always twelve months in a year.

This book has many good examples, like one second is how long it takes to sneeze, but some of the examples are confusing and aren’t likely to help kids better visualize the length of time. (One unhelpful example is that you would have to have very strong legs to ride your bike for an hour.) The illustrations, while bright and cartoon-like, are unappealing and a little crude. For some readers, A Second, a Minute, a Week with Days in It may be an adequate introduction to understanding time for kids.