

Time Change

Read Aloud Activity



Twice a year, people in the United States change the time on their clocks and watches.

In spring they turn their clocks forward one hour. In fall they turn them back one hour. The time change means that in spring people lose an hour and in fall they gain an hour.

There is a saying to help us remember which way to turn our clocks: “Spring forward and fall back.”

Most people change their clocks on Saturday evening before they go to bed. Then when they wake up on Sunday, their clocks are correct.

Remember to change your clocks.