

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.