**Tâches quotidiennes:**

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| 🥞🍳🥐🍞 | **Déjeuner** |  |
| 🥄🍴🍽 | **Vaisselle** |  |
| 🥪🥙🌮🥗 | **Dîner** |  |
| 🥄🍴🍽 | **Vaisselle** |  |
| 🍗🥦🥩 | **Souper** |  |
| 🥄🍴🍽 | **Vaisselle** |  |
| 🚮✅🛏 | **Ranger-ramasser** |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 5 m | 10 m | 15 m | 20 m | 25 m | 30 m | 35 m | 40 m | 45 m | 50 m | 55 m | 60 m  1heure |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 65 m  1h05 | 70 m  1h10 | 75 m  1h15 | 80 m  1h20 | 85 m  1h25 | 90 m  1h30 | 95 m  1h35 | 100 m  1h40 | 105 m  1h45 | 110 m  1h50 | 115 m  1h55 | 120 m  2heures |

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| **Durée totale des tâches quotidiennes** |  |

👔👕👖🧦  **Lavage:**

**Le cycle de la laveuse dure 40 minutes.**

**Le cycle de la sécheuse dure 45 minutes.**

**Plier et ranger tes vêtements prend 15 minutes.**

**Combien de temps cela te prendra pour faire ton lavage et ranger tes vêtements? (Surligne)**

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| 5 m | 10 m | 15 m | 20 m | 25 m | 30 m | 35 m | 40 m | 45 m | 50 m | 55 m | 60 m  1heure |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 65 m  1h05 | 70 m  1h10 | 75 m  1h15 | 80 m  1h20 | 85 m  1h25 | 90 m  1h30 | 95 m  1h35 | 100 m  1h40 | 105 m  1h45 | 110 m  1h50 | 115 m  1h55 | 120 m  2heures |

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| --- | --- |
| **Durée totale** |  |

**Si tu commences ton lavage à 7h15, à quelle heure auras-tu terminé de ranger tes vêtements? (Surligne)**

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| **7h05** | **7h10** | **7h15** | **7h20** | **7h25** | **7h30** | **7h35** | **7h40** | **7h45** | **7h50** | **7h55** | **8h00** |

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| **8h05** | **8h10** | **8h15** | **8h20** | **8h25** | **8h30** | **8h35** | **8h40** | **8h45** | **8h50** | **8h55** | **9h00** |

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| **9h05** | **9h10** | **9h15** | **9h20** | **9h25** | **9h30** | **9h35** | **9h40** | **9h45** | **9h50** | **9h55** | **10h00** |

**Surligne un ¼ d’heure.**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 5 m | 10 m | 15 m | 20 m | 25 m | 30 m | 35 m | 40 m | 45 m | 50 m | 55 m | 60 m  1heure |
| **Combien de minutes** | | | | | |  | | | | | |

**Surligne ½ heure**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 5 m | 10 m | 15 m | 20 m | 25 m | 30 m | 35 m | 40 m | 45 m | 50 m | 55 m | 60 m  1heure |
| **Combien de minutes** | | | | | |  | | | | | |

**Surligne ¾ d’heure**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 5 m | 10 m | 15 m | 20 m | 25 m | 30 m | 35 m | 40 m | 45 m | 50 m | 55 m | 60 m  1heure |
| **Combien de minutes** | | | | | |  | | | | | |

🗑 ♻️ **Sortir les poubelles, le recyclage et le compost de prend ¼ d’heure par semaine. Cela fait combien de minutes?**

|  |  |
| --- | --- |
| **Minutes** |  |

🚽🛋🛏🚮 **Nettoyer la salle de bain te prend ½ heure, passer l’aspirateur et la moppe partout te prend ¾ heure, nettoyer les portes d’armoire de la cuisine et du frigo te prend ¼ heure.**

**Combien de temps cela te prend-il en tout?**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 10 m | 15 m | 20 m | 25 m | 30 m | 35 m | 40 m | 45 m | 50 m | 55 m | 60 m  1heure |
| 10 m | 15 m | 20 m | 25 m | 30 m | 35 m | 40 m | 45 m | 50 m | 55 m | 60 m  2 heures |
| **Durée du ménage** | | | | | |  | | | | | |

🚈🛒 🛍 **Si tu pars à 5h10 à l’épicerie et que tu es de retour chez toi à 6h35, combien de temps cela t’a-t-il pris?**

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| **5h05** | **5h10** | **5h15** | **5h20** | **5h25** | **5h30** | **5h35** | **5h40** | **5h45** | **5h50** | **5h55** | **6h00** |

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| **6h05** | **6h10** | **6h15** | **6h20** | **6h25** | **6h30** | **6h35** | **6h40** | **6h45** | **6h50** | **6h55** | **7h00** |

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| **Durée de l’épicerie** |  |

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| **Durée des tâches quotidiennes** |  | | |
| **Durée du lavage** | | |  |
| **Durée des poubelles/recyclage/compost (Minutes)** | |  | | |
| **Durée du ménage** | |  | | |
| **Durée de l’épicerie** | |  | | | |
| **Durée totale des tâches** | |  | | | |

**Prochain cours: comment cette durée serait-elle inscrite sur un chèque de paie?**