

# AM and PM

## AM and PM

- There are **24 hours** in a day.
- 24 hours divided into **2 parts**.
- Each part has **12 hours**.
- These parts are called **AM, PM**.
- **AM** – Anti meridiem – Before noon
- **PM** – Post meridiem – After noon



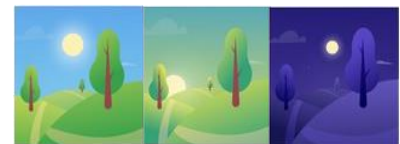
## AM and PM

### A.M.



- The **1<sup>st</sup> part** of the day goes **from midnight to noon**.
- Time from **midnight 12'o clock to afternoon 12'o clock**.
- We call the time between **midnight and noon** as A.M.

### P.M.



- The **2<sup>nd</sup> part** of the day goes **from noon to midnight**.
- Time from **afternoon 12'o clock to midnight 12'o clock**.
- We call the time between **noon and midnight** as P.M.

Hema's alarm clock wakes her at 6:00 this morning.



Did Hema's alarm clock wake her at 6:00 A.M. or 6:00 P.M.?

This is **morning**. So, **6:00 A.M.**

Grandma telling bed time stories for kids at 9.00.



Did grandma telling bed time stories at 9:00 A.M. or 9:00 P.M.?

This is **night**. So, **9:00 P.M.**

## Washing hands at 1.30 before having lunch in school



Did you washing hands at **1:30 A.M.** or **1:30 P.M** for lunch?

This is **afternoon**. So, **1:30 P.M.**

12 hour time	24 hour time	12 hour time	24 hour time
12:00 am	00:00	1:00 pm	13:00
1:00 am	01:00	2:00 pm	14:00
2:00 am	02:00	3:00 pm	15:00
3:00 am	03:00	4:00 pm	16:00
4:00 am	04:00	5:00 pm	17:00
5:00 am	05:00	6:00 pm	18:00
6:00 am	06:00	7:00 pm	19:00
7:00 am	07:00	8:00 pm	20:00
8:00 am	08:00	9:00 pm	21:00
9:00 am	09:00	10:00 pm	22:00
10:00 am	10:00	11:00 pm	23:00
11:00 am	11:00	12:00 pm	24:00

