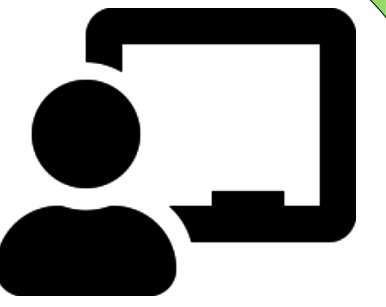


AM and PM



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 **1st 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 **2nd 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.**

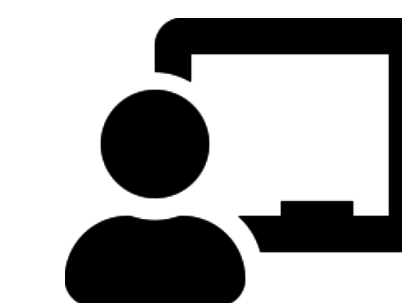
Washing hands at 1.30 before having lunch in school



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

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

Know the time for 24 hours



12 hour time	24 hour time
12:00 am	00:00
1:00 am	01:00
2:00 am	02:00
3:00 am	03:00
4:00 am	04:00
5:00 am	05:00
6:00 am	06:00
7:00 am	07:00
8:00 am	08:00
9:00 am	09:00
10:00 am	10:00
11:00 am	11:00

12 hour time	24 hour time
1:00 pm	13:00
2:00 pm	14:00
3:00 pm	15:00
4:00 pm	16:00
5:00 pm	17:00
6:00 pm	18:00
7:00 pm	19:00
8:00 pm	20:00
9:00 pm	21:00
10:00 pm	22:00
11:00 pm	23:00
12:00 pm	24:00

