

Integers in real life

NEGATIVE	POSITIVE
Temperature below zero	Temperature above zero
Below sea level	Above sea level
Owing money	Earning money
Having Debt	Having money in the bank
Basement car park levels	Floors above ground level
Loss	Win
Negative charged electricity	Positive charged electricity
Decrease	Increase
Down	Up
West	East
Withdrawal	Deposit

	POSITIVE	NEGATIVE
Distance	Forward	Backward
Temperature	Above 0 degrees	Below 0 degrees
Profit	Gain	Loss or Deficit
Vertical Direction	Up	Down
Bank Account	Deposit	Withdrawal
Acceleration	Accelerate	Decelerate

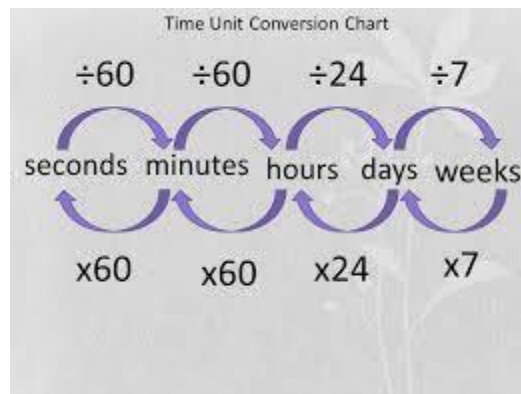
TIME FORMATS

Converting Units of Time

60 seconds = 1 minute 24 hours = 1 day
60 minutes = 1 hour 7 days = 1 week

12 months = 1 year
52 weeks = 1 year
365 days = 1 year

10 years = 1 decade
100 years = 1 century
1000 years = 1 millennium



Units of Time Conversion Chart

Units of time conversion chart are discussed here in hour, minute, second, day, week, month, and year.

The standard units of time are

1 hour = 60 minutes

1 minute = 60 seconds

1 hour = 60 minutes = 3600 seconds (60×60)

1 day = 24 hours

1 week = 7 days

1 year = 365 days

1 year = 12 months

1 year = 52 weeks

Bigger unit to **Smaller unit** -----> **Multiply**

Smaller unit to **Bigger unit** -----> **Divide**

Example:

1 minute > 1 second

Minute to **Second** -----> **Multiply by 60**

Second to **Minute** -----> **Divide by 60**

1 minute = 60 seconds

1 hour = 60 minute

1 day = 24 hours

1 week = 7 days

1 month = 30 or 31 days (February has 28 days, in a leap year February has 29 days)

1 year = 12 months

1 year = 365 days (366 days in a leap year)