Read the mechanics lesson and study the examples.

Use periods to abbreviate the Latin expressions we use to indicate before noon and after noon. Antemeridian is the time from midnight until noon and is abbreviated as "a.m." Postmeridian is the time from noon until midnight and is abbreviated as "p.m." Examples: 7:30 a.m., 12:00 p.m.

Notice that we use lower case letters for these abbreviations.

Now circle or highlight what is right and revise what is wrong according to mechanics lesson.

Practice: I woke up this morning at 7:30 AM. because I fell asleep last night at 10:00 p.m.

Let's check the Practice Answers.
Mechanics Practice Answers: I woke up this morning at 7:30 a.m. because I fell asleep last night at 10:00 p.m.

Now let's apply what we have learned.
Writing Application: Write a sentence or two, using both an antemeridian and a postmeridian time.

