second	A second is a unit of time that is equal to 1/60 of a minute.
minute	A minute is 60 seconds. There are 60 minutes in an hour.
hour	An hour is equal to 60 minutes. There are 24 hours in a day.
day	A day is the 24-hour period the earth takes to complete one rotation on its axis. The word "day" can also mean the time of light between sunrise and sunset.
week	A week is a period of 7 days. There are at least 4 weeks in a month, and 52 weeks in a year.
month	A month equals the time it takes for the moon to complete all of its phases. This is 30 or 31 days, or about 4 weeks.

year	A year consists of 365 days. The length of a year is equal to the time it takes for the earth to revolve once around the sun.
decade	A decade is a period of 10 years.
century	A century is a period of 100 years.
millennium	A millennium is a period of 1000 years.

Instructions:

To use these cards: print on cardstock and laminate. Cut cards apart. You may want to code the backs with colored dots or numbers so that the child can check their work when finished.

I've purposely kept these definitions simple, so that they can be used with varying ages of children. Older children may want to do more research after completing this work. There's a lot of interesting information on how our current system of time/calendar was created, and on how centuries and millenniums are numbered.