



wildsight
EDUCATION

Chase the Sun

Students will learn about local sunrise and sunset times and celebrate the highest point of the Sun in the year by doing a Yoga Sun Salutation.

 **Sun calculator**, **Sun Salutation sequence**, and a natural space to be energized by the Sun and nature.

 Grades: K-7  15 minutes to all day!



Fun Facts about the Sun

The Sun is a star.

The Sun is situated at the heart of our solar system.

The Sun is 4.5 Billion years old (it is considered middle aged).

The core of the Sun's temperature reaches 15 million degrees Celsius.

One million Earths could fit into the Sun.

Light from the Sun takes 8 minutes to reach Earth.

Chase the Sun

1. Find out your local sunrise and sunset times for any day, especially the Summer Solstice (Saturday, June 20th), using the **Sun Calculator**.
 - Find out the exact time on the Summer Solstice when the Sun is in the highest point of the sky all year.
 - Why does Summer Solstice happen?
 - How many hours of sunlight will we receive during this year's Summer Solstice?
2. Celebrate the Sun as you awake and rise with it in the morning. Notice the world around you during this magical time. What do you hear? What does the air feel like? What does the sky look like?
3. Plan to go outside to a special spot in nature during or close to the Summer Solstice day/ time and celebrate the Sun by doing a **Yoga Sun Salutation**.
 - What do you smell as you inhale and exhale deeply?
 - How does the Earth feel under your hands and feet?
 - Describe how it feels to be energized by the light and warmth of the Sun.
4. End your day by settling into sleep with the Sun setting for the day. Reflect on why the Sun is so important to every living thing on Earth. Close your eyes and choose 3 things you are grateful for in your life!