

9:00 Circle: DO STARS REALLY TWINKLE? Sing Twinkle, Twinkle, Little Star. The stars are far away suns like our sun. Our sun is in our solar system and closer to us, but stars are so far away only a small amount of their light hits our eyes. Not enough light hits the rods in our eyes and the stars LOOK like they are twinkling when really they are not.

YOGA: **Star Pose** (See Yoga Pose #35.)

WHAT IS A CONSTELLATION? People long ago played connect the dots with the stars to make pictures in the sky. These are the constellations we know today. The brightest star in our night sky is Sirius in the constellation The Big Dog. The brightest star in our daytime sky is our Sun.

Read *Stars* or *Stars and Galaxies* or *Where Are the Stars During the Day? A Book About Stars*.

Lesson- **CONSTELLATION CONNECT THE DOTS** **CONSTELLATION CARDS**

ART: Constellation crayon melt

11:45 Circle: Do Touching Stars and Falling Stars circle exercises. See page 15.

SILENCE GAME, then, in the silence, whisper "In nature we find silence- the stars, the moon, and the sun move in silence," a quote from Mother Teresa. Whisper names to wash hands for lunch.

Story Time- *Draw Me a Star*

3:00 Circle: THE BIG DIPPER Read *The Big Dipper* or *The Starry Sky Collection*.

The big dipper is a part of the constellation called the Great Bear. (Use a lamp or strong flashlight to show The Big Dipper on the ceiling. Make a black shade with pin holes to let the light through.) The North Star, or Polaris, is the brightest star in The Big Dipper. Because the north pole is spinning in one place, and Polaris is over it, it is the only star that appears to stay in one place in our sky. For many years people have used the north star to find the directions. Polaris is actually more true in finding north than using a compass.

Lesson- **PLACING THE FOUR DIRECTIONS USING POLARIS (G)**

PUMPKIN RUBBER STAMP STAIR (M)

NIGHT SKY

WORK

Constellation Connect the Dots- On paper make dots in the formation of some of the constellations such as The Big Dog and The Great Bear. Number the dots. Lesson- Connect the dots in sequence.

Night Sky- Do hole punching work using a constellation. Assemble the flashlight. Take the punching work and flashlight to a dark room or closet. Shine the flashlight up to the ceiling with the punched hole pattern over it to resemble the night sky.

Placing the Four Directions using Polaris- See Instructions at the back of this guide.