



**HEART
ACTIVITY**

FRANCIS & FRIENDS

WATCH THE SUN RISE OR SET

written by Jennifer Tinker

Activity Instructions

First, check the weather for your area and choose a day that is fairly dry and not too cloudy. Next, go to www.sunrisesunset.com to find out what time the sun rises and sets in your area.

Then, choose a location. The easiest option is to find a spot in your yard that has a clear view of the horizon. If you want to venture out further, you could visit a park; ask at the gate for recommended viewing spots.

Remember that the sun rises in the east and sets in the west. If you're going to watch the sun rise, you need a clear view of the horizon to the east. If you're going to watch the sun set, you need a clear view of the horizon to the west.

Get to your spot at least 10-15 minutes before the time of the sun rise or sun set you're planning to watch. That'll give you time to set up blankets or chairs and find a place to sit.

When you're in place, observe the changes in the sky before, during, and after the sun rises or sets. Optionally you can photograph or sketch what you see.

Discussion Questions

1. What colors did you see before, during, and after the sun rise or sun set you watched?
2. What are your favorite activities to do outside on a sunny day?
3. Sometimes we say a person "brightened" our day by being kind. Whose day could you brighten by being kind? What kind things would you like to say or do for that person?

Supply List

Printed calendar of sunrise/sunset times (optional)

Blankets or chairs to sit on (optional)

Camera or sketch pad & colored pencils (optional)



Prayer

God, thank you for the beautiful show the sun gives us every time it rises and sets. As the sun gives us light each day, help us also to brighten the lives of others with caring and kindness.