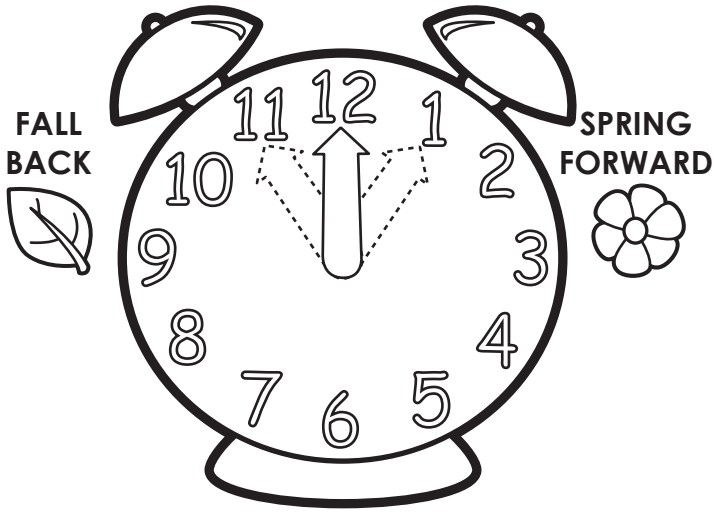


Daylight Savings Clocks

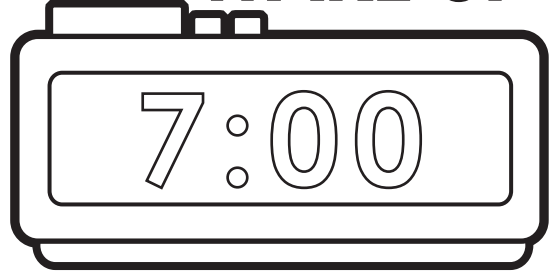
EXPLAIN - Daylight savings, the gaining of an hour in the evening during the summer, was first used in the United States in 1918. It was used to try to conserve energy during World War I.

- When the clocks switch time, it takes some time for our bodies to adjust to the new time.

CHILD - Look at the different clocks and write what time your body thinks it is.



WAKE UP



What it feels like:

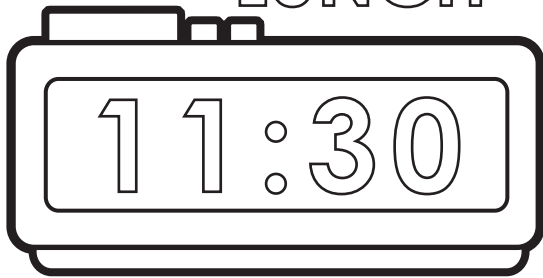


SPRING FORWARD



FALL BACK

LUNCH



What it feels like:

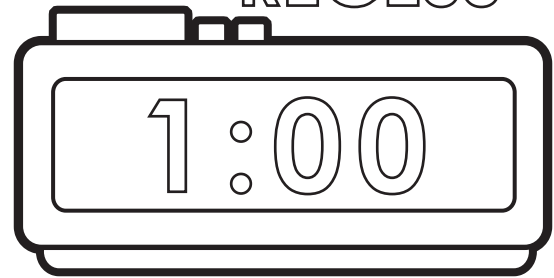


SPRING FORWARD



FALL BACK

RECESS



What it feels like:

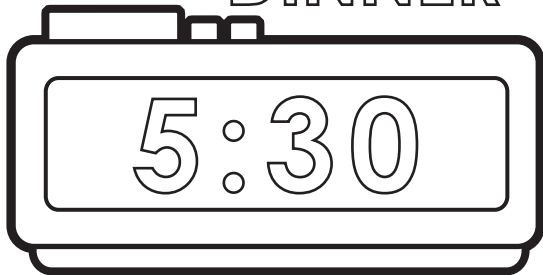


SPRING FORWARD



FALL BACK

DINNER



What it feels like:

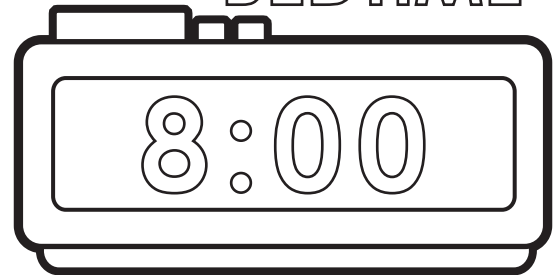


SPRING FORWARD



FALL BACK

BEDTIME



What it feels like:



SPRING FORWARD



FALL BACK