

Grade 1 Science – The Sky

Curricular Area: Earth Science

Lesson Instructions for Parents/Guardians

In this lesson your child will be thinking about and investigating the changes that occur in a daily cycle and how these changes affect their life.

Know – What do I know about daytime and nighttime?

To start, help your child to brainstorm what the word “day” means to them.

Next, think about the word “night”. What does this word mean to them?

- Help your child to record their ideas onto the worksheets, “What does the Word Day Mean to You?” and “What does the Word Night Mean to You?”, on pages 3 and 4 of this PDF. Encourage your child to sound out the words as they write.

Next, look at the pictures on page 5 of this PDF with your child. Help your child cut out the pictures and have your child sort the images into daytime or nighttime categories, using the chart on page 6. If you have a glue stick, they can glue down the pictures onto the chart.

Ask your child:

- What are some activities that you do during the day?
 - Eg, eating breakfast and lunch, going to the park, walking the dog, etc.
- What are some activities that you do during the evening?
 - Eg., eat dinner, brush teeth, have a bath, read a story, go to bed

Do – Explore to learn more about day and night cycles

Now it is time to learn more about daytime and nighttime. Ask your child:

- What makes the night dark?

After they have come up with a few ideas, watch this video:

[Day and Night Video for Kids](#)

Discuss the video – what did they learn about why the night is dark? Were their original ideas right?

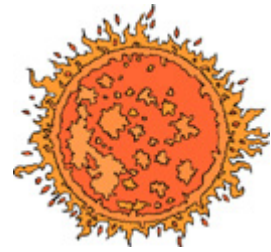
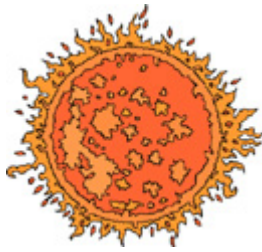
In the video, your child learned about seasons – ask your child to think about how daytime activities are different at different times of year. Come up with some examples of activities that they do during the daytime in the summer and those they do during the winter.

Understand – Put together what I have learned to further my knowledge of daytime and nighttime.

Ask your child to choose one daytime and one nighttime activity.

Take a piece of paper and fold it in half. On one side, draw and label the daytime activity. On the other, draw and label the nighttime activity. Encourage your child to sound out the words as they write their labels.

Next, take a second piece of paper and fold it in half. On one side, draw and label an activity that your child enjoys during the daytime in the summer, and on the other half draw and label an activity that your child enjoys during winter days.



What Does the Word Day Mean to You?

For example- sun shining, birds chirping etc.

1. _____

2. _____

3. _____

4. _____

5. _____



What Does the Word Night Mean to You?

For example- stars shining, bedtime stories etc.

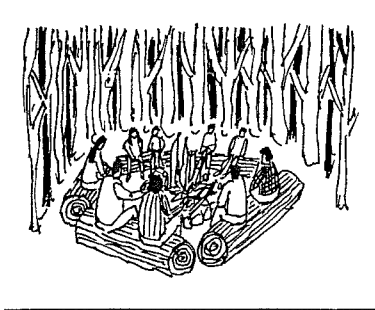
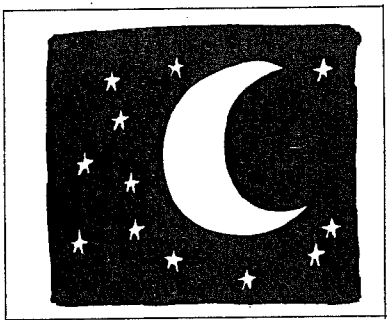
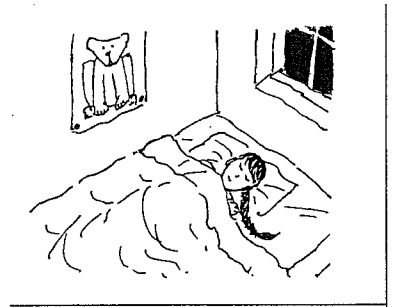
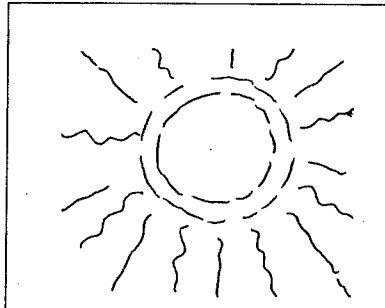
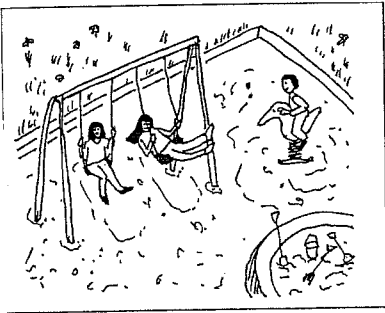
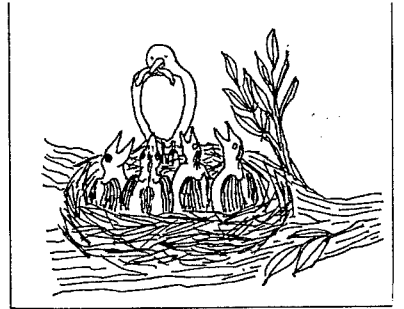
1. _____

2. _____

3. _____

4. _____

5. _____



Date: _____

Name: _____

Day and Night

Daytime	Nighttime