

ACTIVITY BOOK
FOR
The Summer Solstice

2023



SOLSTICES & EQUINOXES

2023

Vernal/Spring Equinox

March 20th 2023

9:24pm GMT



Summer Solstice

June 21st 2023

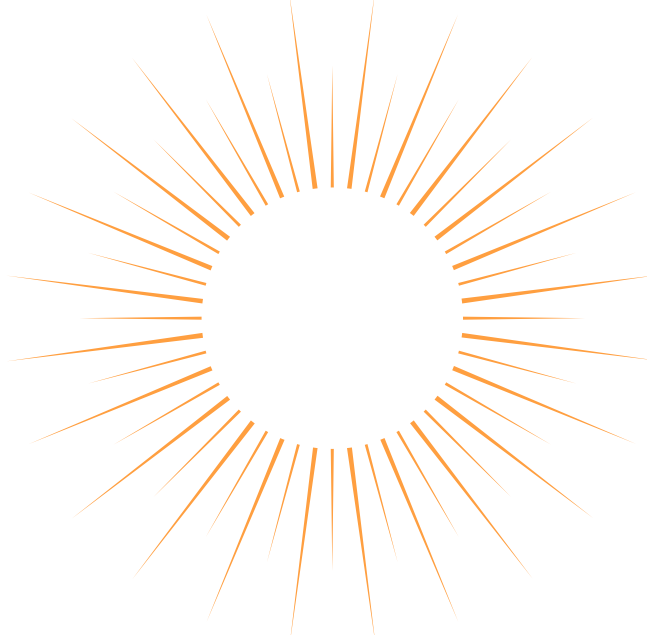
7:57am GMT



Winter Solstice

December 21st 2023

3:27am GMT



Autumnal/Fall Equinox

September 22nd 2023

11:15pm GMT



SOLSTICE LESSON GUIDE

This is a basic outline for you to use that will help you create a summer solstice homeschool lesson. How you pace it out is up to you, we tend to spread things out a bit so we can do more craft projects so what could be done in 3 days can also be stretched over a week or two! You can really shape this to fit your homeschool style and add any spirituality you'd like (or not!!) You can also check out [THIS BLOG POST](#) to see what we did for our solstice lesson back in 2020.

Ask Questions and record answers..

Give a brief overview and go through the questions.
Read a book or passage on the topic.

Watch a short video and have the kids write, discuss or present a brief overview of the topic.

Do a hands on activity (craft/art project, outdoor adventure, cooking/baking).

Read a book about the topic and do a brief activity, comprehension sheet or coloring page that corresponds with it.

Wrap up with some creative writing, art journaling or nature journaling and a recap or celebration!



WHAT IS SUMMER SOLSTICE?



Summer solstice is a precise moment that happens once a year, associated with the changing of the seasons from spring to summer. It usually occurs on June 20, 21 or 22nd. It's also known as "the longest day of the year".

Here is a short video that helps explain what the solstice is:

[SCISHOW KIDS VIDEO](#)

Cultures all over the world have been observing and celebrating the summer solstice for *at least* the past 12,000 years!! There are many historical sites that align with the solstices that give us clues and evidence of how observing this date helped shape civilization.

There are two solstices and two equinoxes each year, these 4 events mark the changing of the seasons and have for all recorded history and beyond.

One tradition from long ago that still exists today is gathering at Stonehenge. On the solstice, the sun shines through the stone markers of Stonehenge at sunrise. The sun sets through the center of the structure at the winter solstice too. Read more about Stonehenge and the summer solstice [HERE](#).

There are many symbols associated with this time of year, here are a few:

Fire, sunflowers, the sun, oak trees, seashells, flower crowns/wreaths, feasting, celebrating, bees, bears, honey, stone fruits and more!

What are some of your favorite summer symbols?

SOLSTICE CELEBRATIONS

Summer solstice is celebrated all over the world.

Solstice festivals demonstrate the cultural richness and universal fascination with this cosmic event, providing opportunities for people around the world to honor the sun and celebrate the arrival of summer in their own unique ways.



CELEBRATING SUMMER SOLSTICE

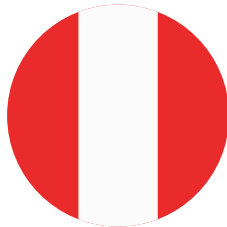
AROUND THE WORLD



Sweden - Midsummer: In Sweden, the summer solstice is celebrated with Midsummer, a joyous festival that takes place on the weekend closest to June 24th. People gather around maypoles adorned with flowers and dance traditional folk dances. They also indulge in delicious food, such as pickled herring and strawberry cake, while enjoying the midnight sun.



United Kingdom - Stonehenge: Stonehenge, a prehistoric monument in England, is a significant site for summer solstice celebrations. Every year, thousands of people gather at Stonehenge to witness the sunrise on the longest day of the year. It is believed to have been a place of spiritual importance for ancient cultures, and the solstice sunrise is an opportunity for modern-day visitors to connect with this historical site.



Peru - Inti Raymi: In Peru, the Inca Empire used to celebrate Inti Raymi, a festival dedicated to the Sun God, Inti. Although the original celebrations were suppressed during the Spanish colonization, the festival has been revived and is now held annually on June 24th in Cusco. The day is filled with colorful processions, traditional music and dances, and the reenactment of ancient Inca rituals.

CELEBRATING SUMMER SOLSTICE AROUND THE WORLD



Russia - White Nights Festival: St. Petersburg in Russia celebrates the summer solstice with the White Nights Festival, which takes place from May to July. Due to its northern location, the city experiences almost 24 hours of daylight during this time. The festival includes a series of cultural events, such as music concerts, ballet performances, fireworks, and the famous Scarlet Sails celebration, featuring a ship with crimson sails.



India - International Day of Yoga: In India, the summer solstice is commemorated as the International Day of Yoga on June 21st. This day highlights the practice of yoga and its significance in promoting physical, mental, and spiritual well-being. Various yoga events, workshops, and demonstrations are organized across the country, encouraging people to embrace this ancient practice.



United States - Summer Solstice Santa Barbara: Santa Barbara, California, hosts the Summer Solstice Celebration, a vibrant event that attracts locals and tourists alike. This three-day festival includes a colorful parade with creative floats, music, dancing, and performances. The streets come alive with artistic displays and costumes, reflecting the festive spirit of the summer solstice.

THE IMPORTANCE OF THE SUN

What is solar energy?

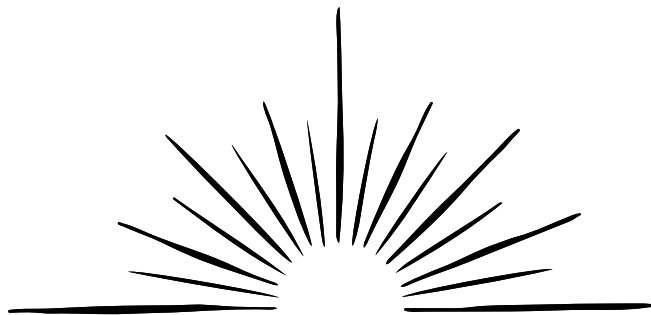
Solar energy is a type of renewable energy that comes from the sun. It is a powerful source of energy that can be harnessed and used in various ways. At an upper elementary school level, we can understand solar energy as the energy we get from sunlight, which can be turned into electricity or used to heat things up.

Here are three real-world examples of solar energy:

Solar Panels: Solar panels are often seen on rooftops or in large fields. These panels contain special cells that convert sunlight into electricity. The electricity generated can power homes, schools, and even entire cities.

Solar Water Heaters: Solar water heaters use the sun's energy to heat water. They are often seen on rooftops and consist of a collector that absorbs sunlight and transfers the heat to water, providing warm water for various uses like bathing or swimming pools.

Solar-Powered Lights: You might have seen solar-powered outdoor lights. These lights have small solar panels on top that charge during the day using sunlight. At night, they automatically light up using the stored energy, without needing any electricity from the grid.



SOLSTICE STEM PROJECT

Make a Solar Light

Materials needed:

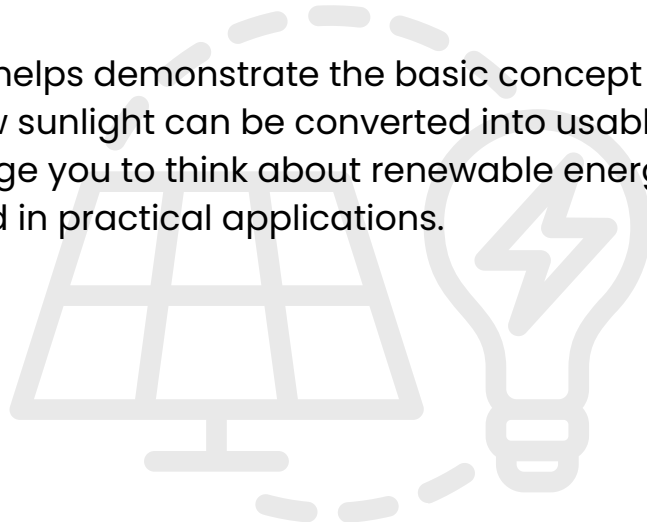
- A small solar panel (can be purchased online or from a local store)
- A small fan or a light bulb
- A sunny spot outdoors or near a window
- A multimeter (optional, for measuring electricity)

Steps:

- Place the solar panel in a sunny spot outdoors or near a window where it can receive direct sunlight.
- Connect the solar panel to the small fan or light bulb. The solar panel will have wires with connectors that can be attached to the device.
- Observe what happens when the solar panel is exposed to sunlight. Does the fan start spinning? Does the light bulb light up?
- Encourage the child to think about why this happens. Explain that the sunlight is being converted into electricity by the solar panel, which powers the fan or the light bulb.
- Optional: If you have a multimeter, you can measure the electricity produced by the solar panel. Connect the multimeter to the wires of the solar panel and observe the readings as sunlight hits the panel.

This experiment helps demonstrate the basic concept of solar energy by showing you how sunlight can be converted into usable energy.

This will encourage you to think about renewable energy sources and how they can be used in practical applications.





SOLAR TRIVIA

What is the Sun made of?

How far is the Sun from Earth?

How hot is the Sun?

What shape is the Sun?

How long does it take for sunlight to reach Earth?

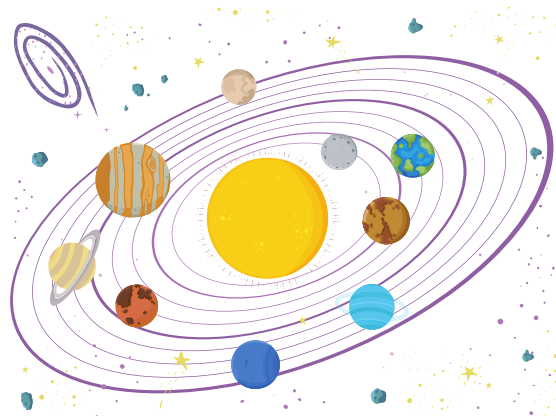
Can you look directly at the Sun?

What causes solar eclipses?

How many Earths could fit inside the Sun?

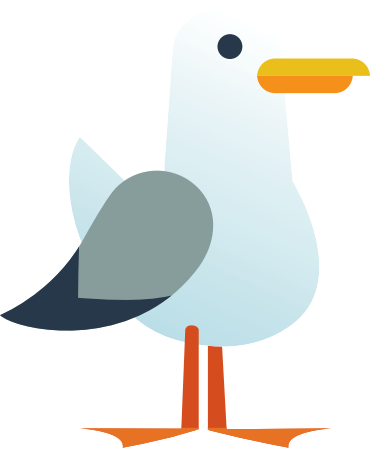
How old is the Sun?

Can we live without the Sun?



SUMMER WORD SEARCH

G W F L Y B U N
L K L C B U Z T R K K K
N M S O L B M S U N I J P V
W H O U T S I D E B J Q S Y V M
S L D A W N I V P F I C J S E C M L
P E N L U A E X D D R I G J U M M Y
Z V G C X J Z D V C E D R O A L M O H A
T R A V E L S M A T W M C T S M E M X S
E Q C K G B E E C J F T L H T S C J E X
P U Q V P R T E A M L V E M O R J R L R
I S T Q S I R S T I O T A B N U S O I C
K P O U U G U O I D W C C G E P T U R T
D N L L N H U L O S E E C C H L Z N E B
I S J Z F T B S N U R L L H E A R D X A
N D L L B D T L M F E D H N Y F K Q
B O E O G K I I M Z B A V G U N Z W
D P W C L C T E I R Y R E Y S Z
B E U D E H R C A V L A F M
R G W Z A S A T L F W F
F Q R W X E U D



WORD LIST:

BIRD
BRIGHT
CELEBRATE
CIRCLE
DAWN
DAY

FLOWER
LITHA
MIDSUMMER
OUTSIDE
PLAY
RISE

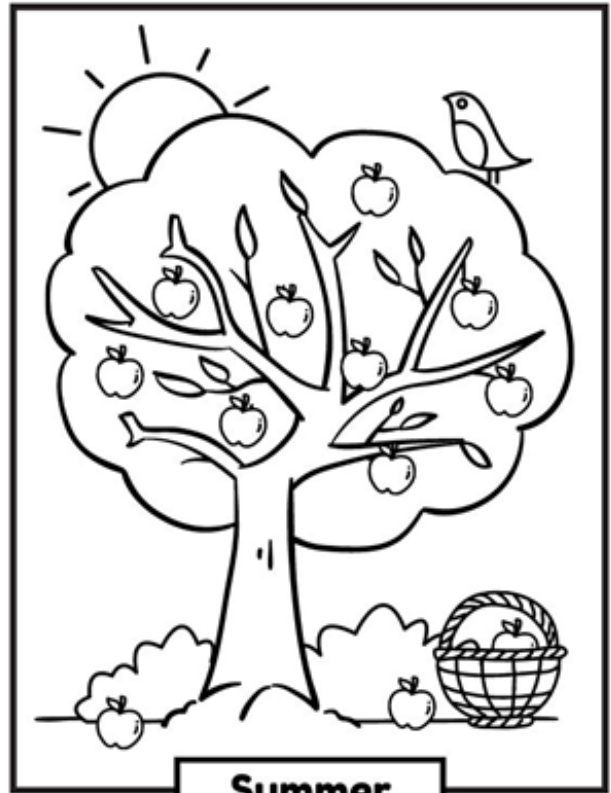
ROUND
SET
SOL
SOLSTICE
STONEHENGE
SUMMER

SUN
SUNFLOWER
TRAVEL
VACATION

Color the Four Seasons



Spring



Summer

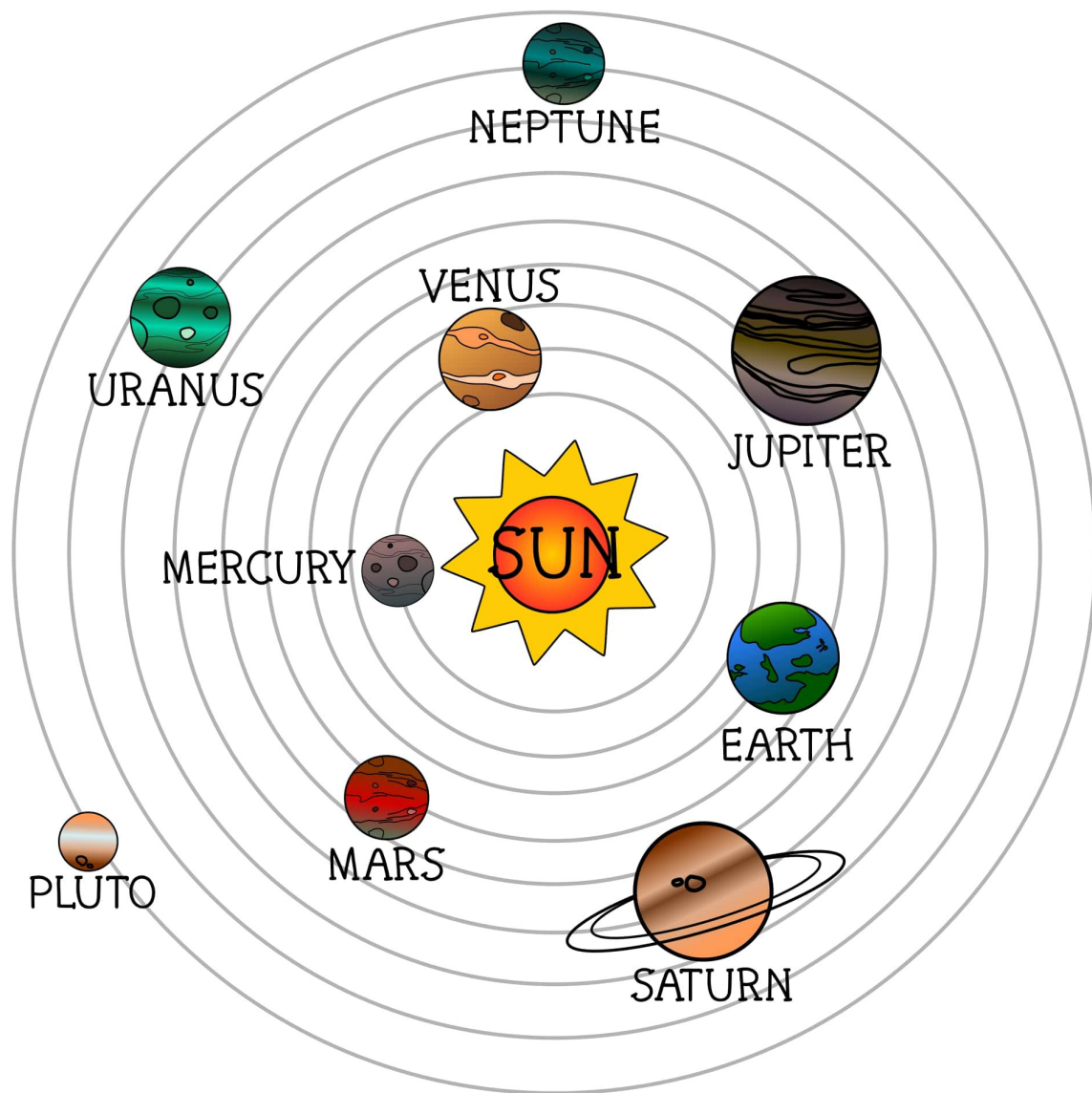


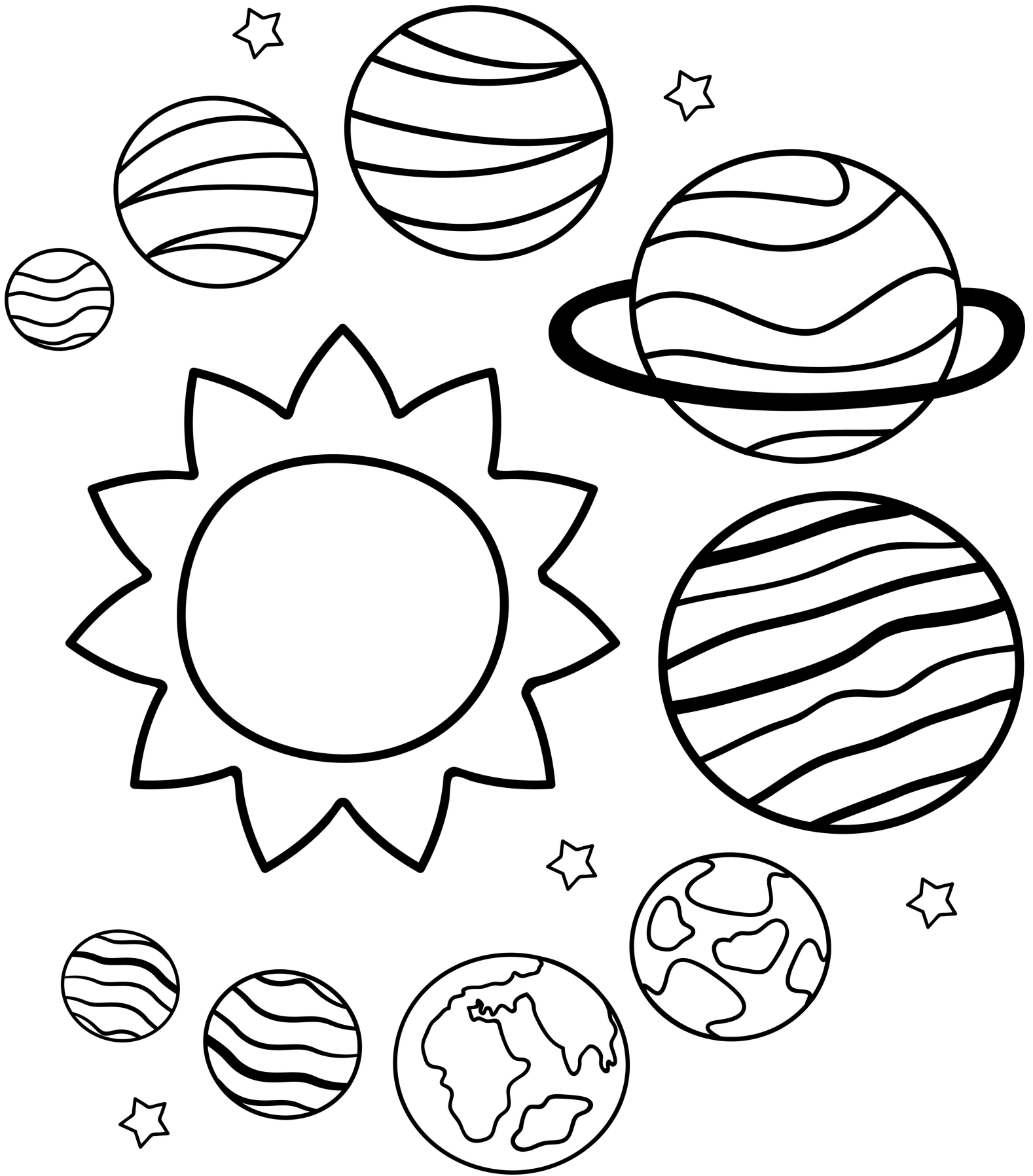
Winter



Autumn

THE SOLAR SYSTEM

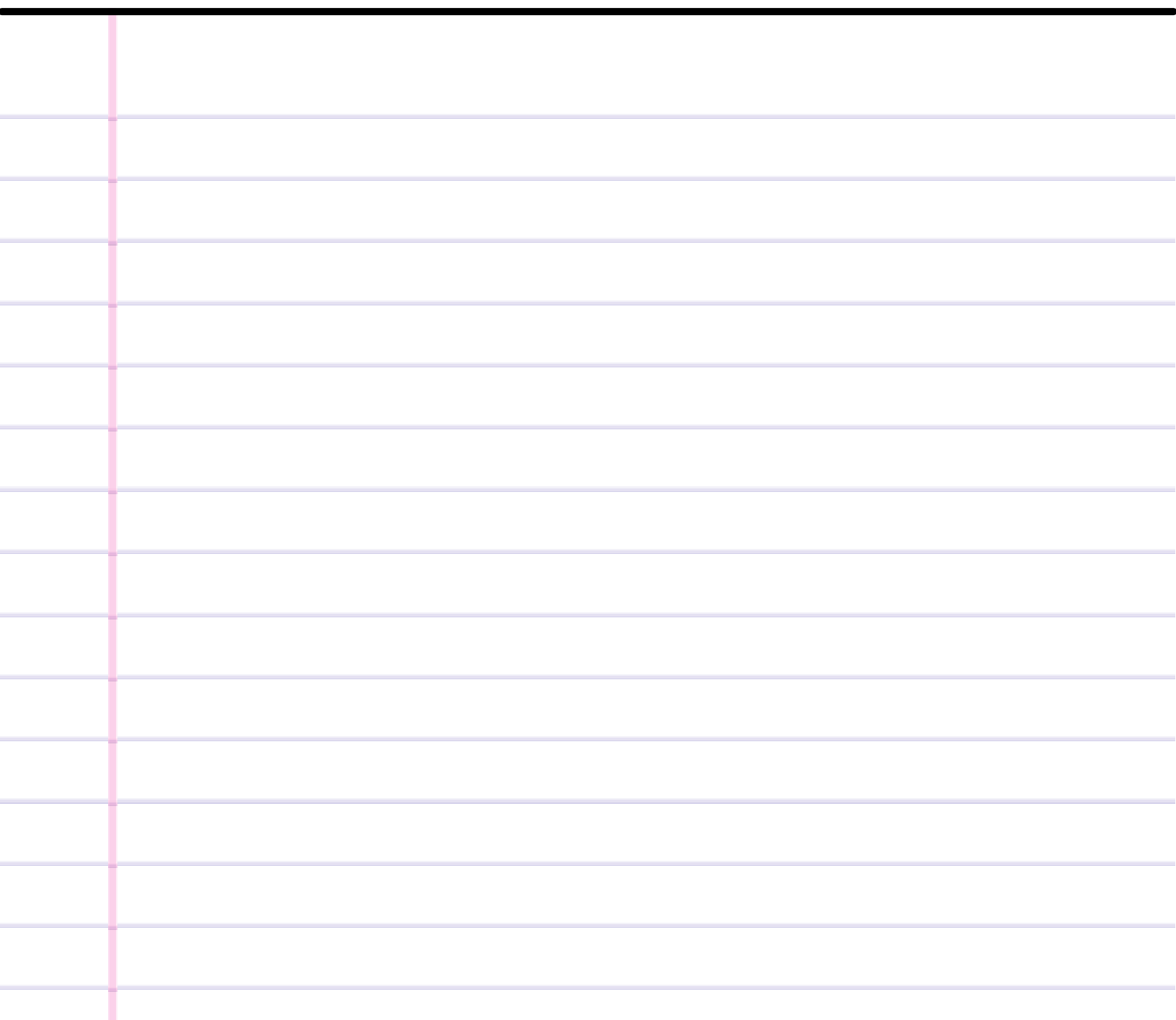




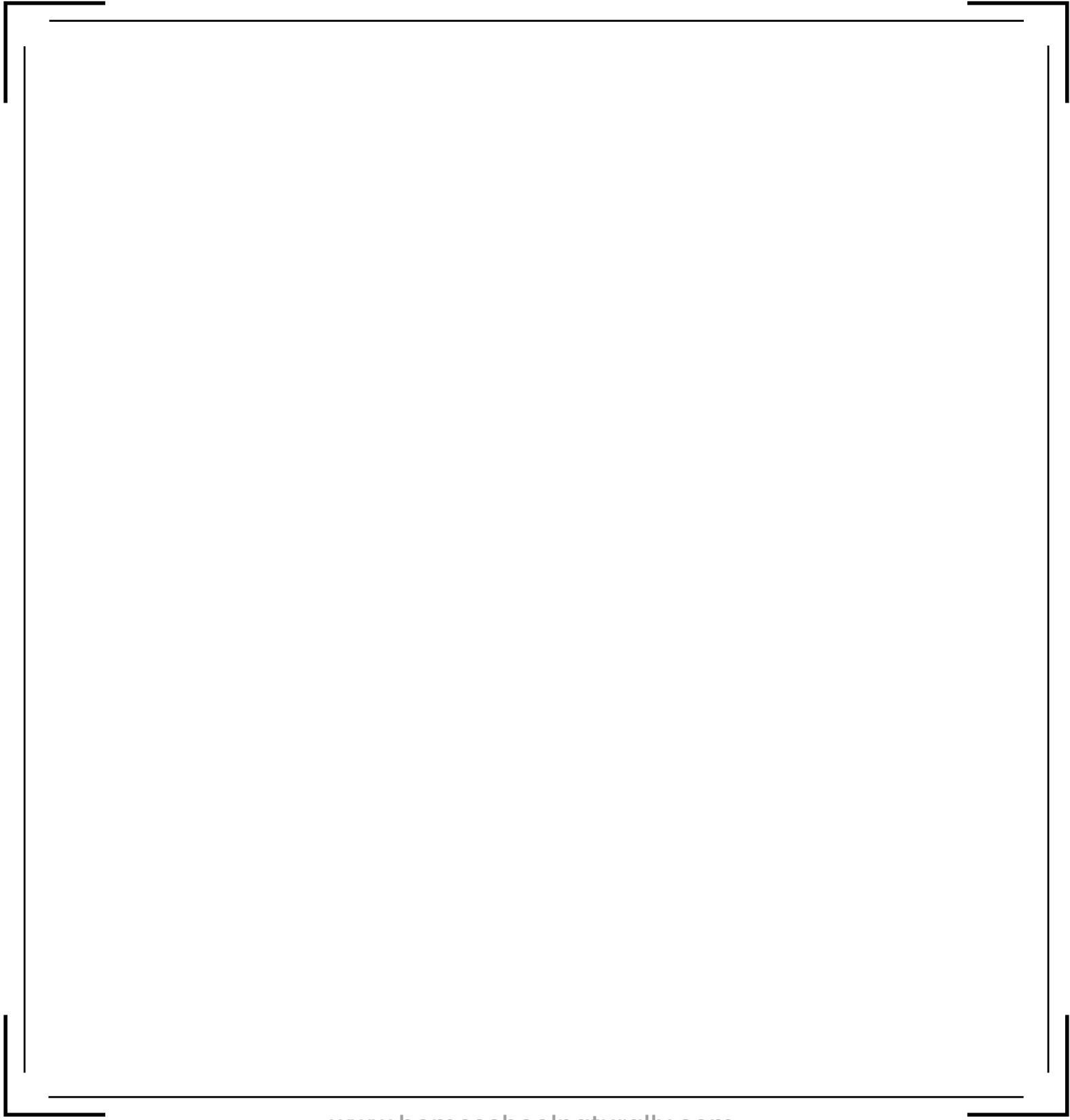
CREATE ART FOR

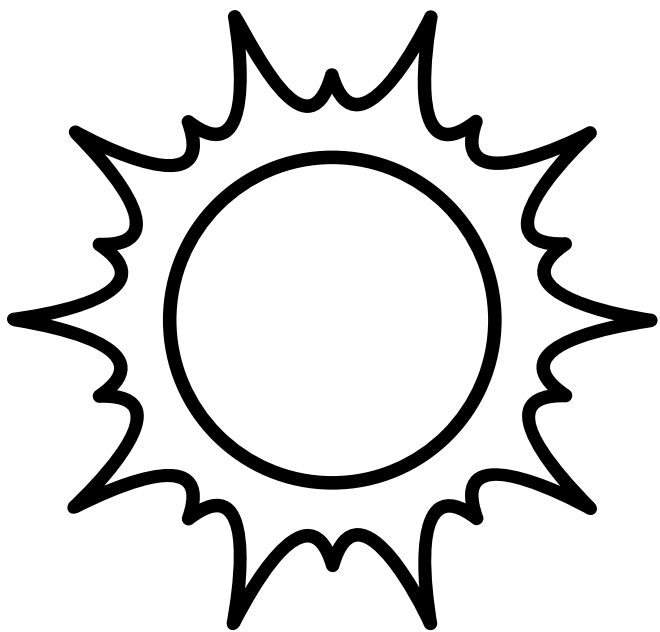
Summer

In the space below, brainstorm/mindmap some symbols, weather, feelings, colors, themes, food, traditions of the season to help shape your art piece:



CREATE ART FOR Summer





SUMMER



CRAFT PROJECT

DIY Flower Crowns

Supplies you will need to gather:

- Coiled Wrapped Wire
- 26 Gauge Floral Wire
- Floral Tape
- Fake Flowers
- Low heat glue gun and glue gun sticks
- Wire cutters or scissors
- Ribbon

Use the thick coiled wrapped wire to measure your kiddos head.

This will be your frame/headband. Use the floral tape to secure the cut ends so they aren't pokey.

Snip the flowers leaving about an inch of "stem" and use the floral wire to wrap the flower onto the headband wire.

Use as many flowers as you'd like and decorate with ribbon!

You can see ours [HERE!](#)



SUMMER SOLSTICE RECIPE

Easy Peach Cobbler

The peaches on our tree always get ripe right around the solstice, so this has become a traditional solstice favorite at our house .

Ingredients:

- 1/2 cup butter
- 1 cup flour
- 3/4 cup + 1 Tablespoon sugar
- 1 cup milk
- 1 teaspoon baking powder
- a pinch of salt
- 1 tablespoon lemon juice
- 3 cups sliced peaches
- 1/2 tsp cinnamon

Pre heat the oven to 375, with a 9x13 pan in the oven. Melt the butter in the hot pan. In a bowl, fork together the flour, baking powder, salt and milk stirring until just moistened. Pour batter over melted butter. In a pan on the stove, heat up the peaches, lemon juice, tablespoon of sugar and cinnamon then pour over batter. Bake 40-45 minutes, until golden.



Summer Solstice

JOURNAL PROMPTS

This solstice is all about feeling ALIVE.
Summer solstice is the longest day of the year!

When I spend time outside, I notice...

I smell....

I feel....

I see....

I hear....

I love....

What makes me feel alive?

What fills me with light and energy?

Summer Solstice

ACROSTIC POEM

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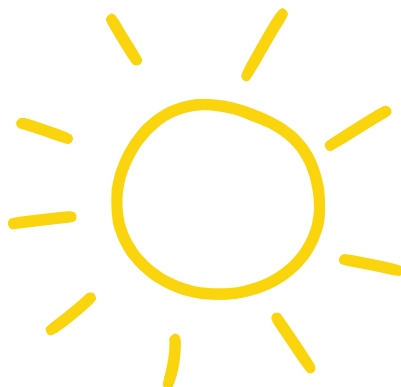
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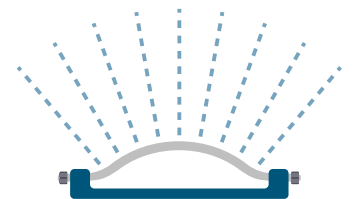
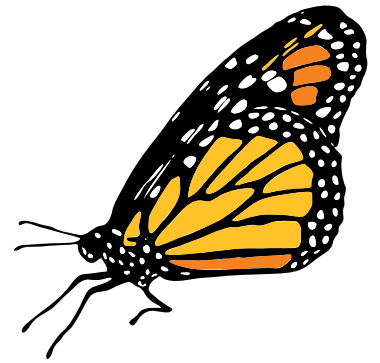
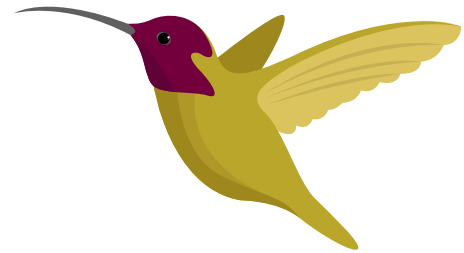
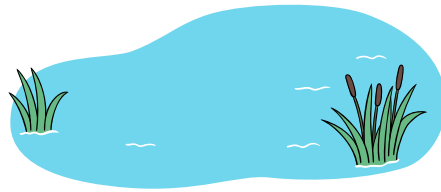
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Summer Solstice

SCAVENGER HUNT



SUMMER SOLSTICE

Arts & Crafts

Click for instructions

SUN

FLOWER

SUN

CATCHER

SUMMER

SOLSTICE

FELT

COLLAGE

MIDSUMMER

YARN

CRAFT

CITRUS

STAMPED

TEA

TOWELS

SUNNY

MONO-

PRINTS

EGG

CARTON

SUMMER

WREATH

SUMMER SOLSTICE

STEM Activities

Click for instructions

MAKE A
SUN DIAL

MAKE A
SOLAR STILL

SOLAR
UPDRAFT
TOWER

WHAT MELTS
IN THE
SUN?

MAKE
SOLAR
PRINTS

SUNSCREEN
SCIENCE
EXPERIMENT

SUMMER RECIPE IDEAS

Click for recipes

SOLAR-
POWERED
S'MORES

HOMEMADE
RAISINS

SUN-SHAPED
FRUIT PIZZA

RAINBOW
POPSICLES

ORANGE
CREAMSICLE
SMOOTHIE

MIDSUMMER
FOCACCIA

SUMMER SOLSTICE

Books & Stories

THE
SOLSTICE
BADGER

WHAT IS
A SOLSTICE?

THE
LONGEST
DAY

Click for book info and visit your local library to find the books!

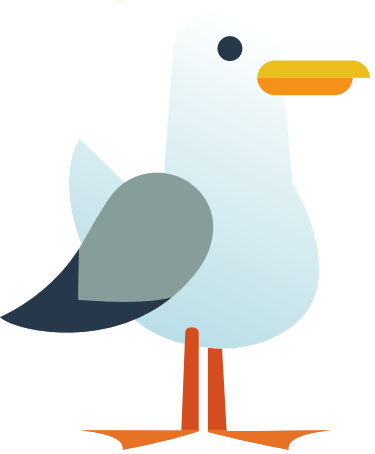
LITTLE
HOMESTEADER
SUMMER
TREASURY

UNDER
ALASKA'S
MIDNIGHT
SUN

MIDSUMMER
MAYHEM

SUMMER WORD SEARCH

ANSWERS



WORD LIST:

- BIRD
- FLOWER
- ROUND
- SUN
- BRIGHT
- LITHA
- SET
- SUNFLOWER
- CELEBRATE
- MIDSUMMER
- SOL
- TRAVEL
- CIRCLE
- OUTSIDE
- SOLSTICE
- VACATION
- DAWN
- PLAY
- STONEHENGE
- DAY
- RISE
- SUMMER

SOLAR TRIVIA

ANSWERS

Q: What is the Sun made of?

Answer: The Sun is mostly made up of hydrogen gas, with some helium and other elements.

Q: How far is the Sun from Earth?

Answer: The Sun is about 93 million miles (150 million kilometers) away from Earth.

Q: How hot is the Sun?

Answer: The surface of the Sun is about 10,000 degrees Fahrenheit (5,500 degrees Celsius), while the core can reach temperatures of up to 27 million degrees Fahrenheit (15 million degrees Celsius)!

Q: What shape is the Sun?

Answer: The Sun is almost a perfect sphere, but it is slightly squashed at the poles and bulging at the equator due to its rotation.

Q: How long does it take for sunlight to reach Earth?

Answer: Sunlight takes about 8 minutes and 20 seconds to travel from the Sun to Earth.

Q: Can you look directly at the Sun?

Answer: No, it's not safe to look directly at the Sun as it can damage your eyes. Always use proper eye protection or special filters when observing the Sun.

Q: What causes solar eclipses?

Answer: Solar eclipses occur when the Moon passes between the Sun and Earth, casting a shadow on Earth's surface and blocking the Sun partially or completely.

Q: How many Earths could fit inside the Sun?

Answer: You could fit about 1.3 million Earths inside the Sun!

Q: How old is the Sun?

Answer: Scientists estimate that the Sun is about 4.6 billion years old.

Q: Can we live without the Sun?

Answer: No, life on Earth depends on the Sun for light, heat, and energy. It plays a crucial role in supporting all living things.

THANK YOU!

Thanks for downloading this activity book. If you enjoyed this activity book, find more secular (non-religious) homeschool resources here:

