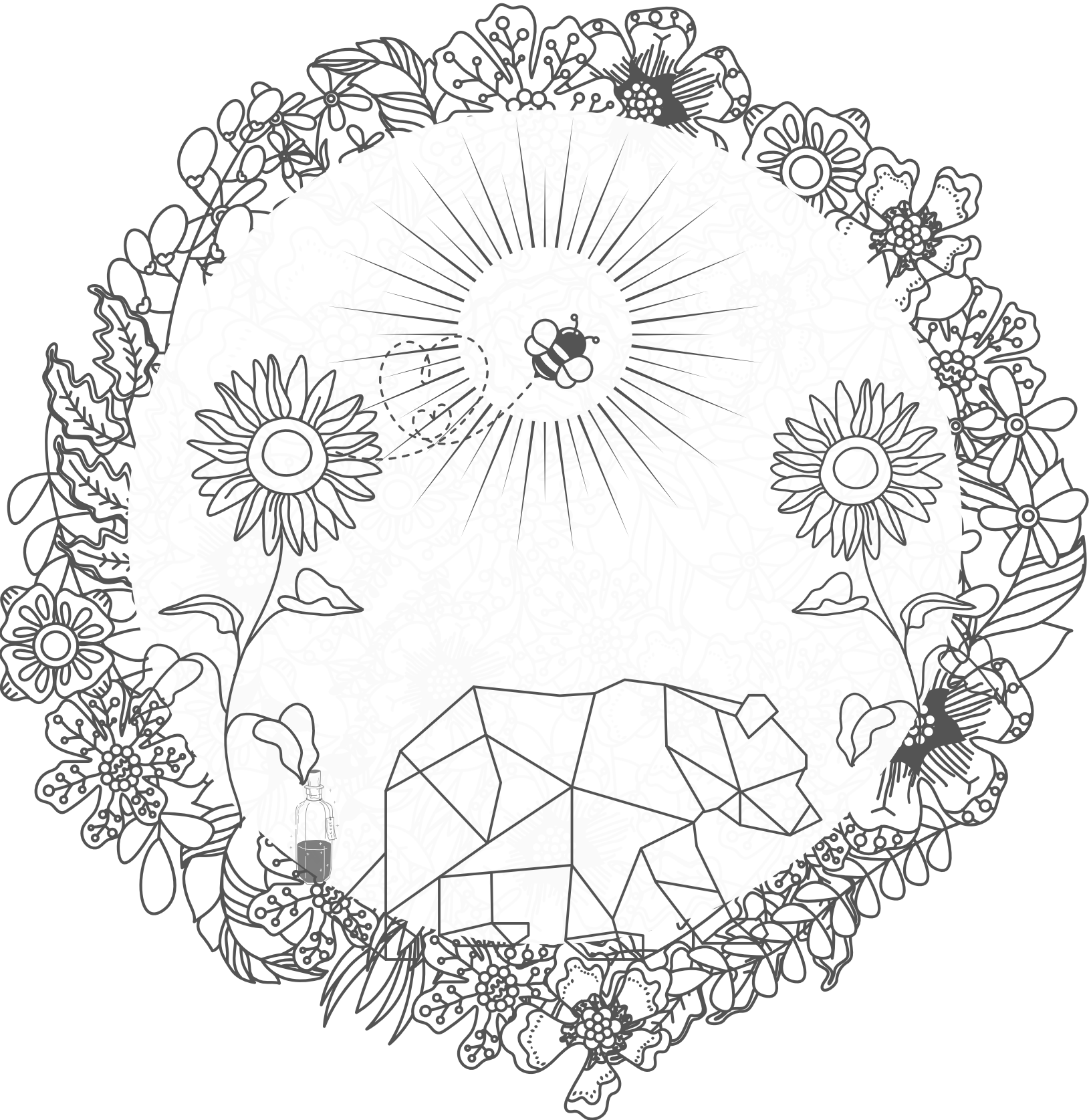


Activity Book  
for  
SUMMER SOLSTICE



# Summer Solstice

## FUN FACTS & RESOURCES

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- 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.
- Cultures all over the world have been observing/celebrating the summer solstice for *at least* the past 12,000 years!! There are many historical sites that align with these 4 times of year that give us clues and evidence of how observing this date helped shape civilization.
- Summer solstice is also known as "the longest day of the year". Here is a short video that explains why: [SCISHOW KIDS VIDEO](#)
- One tradition from long ago that still exists today, is gathering at Stonehenge, where the sun rises and shines bright, right through the center of the structure! It 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: fire, sunflowers, the sun, oak trees, seashells, flower crowns/wreaths, feasting, celebrating, bees, bears, honey, stone fruits and more!

# Solstices & Equinoxes 2022

## VERNAL/SPRING EQUINOX

March 20th  
8:33am PT



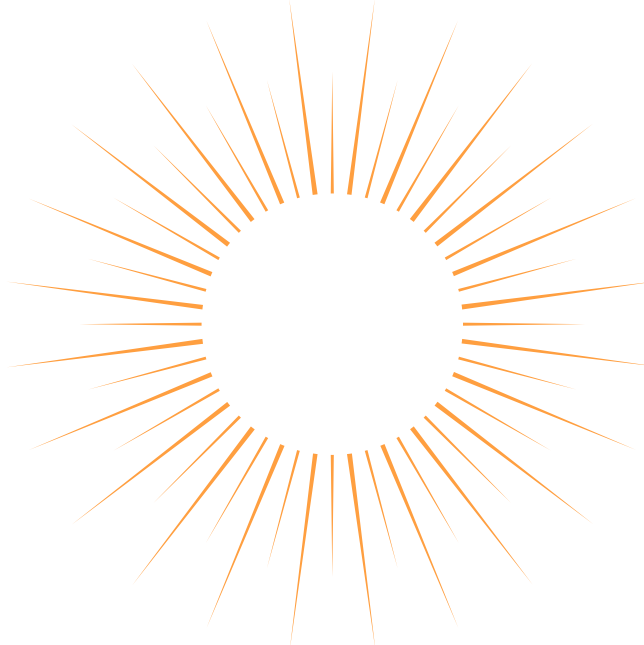
## SUMMER SOLSTICE

June 21st  
2:13am PT



## WINTER SOLSTICE

December 21st  
1:47pm PT



## AUTUMNAL/FALL EQUINOX

September 22nd  
6:03pm PT



# 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).

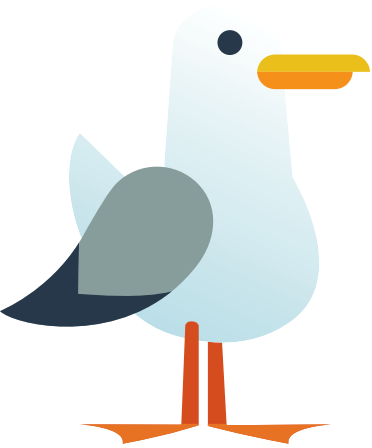
Read a book about the topic and do a brief activity, comprehension sheet or coloring page that corresponds with it.

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



# 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

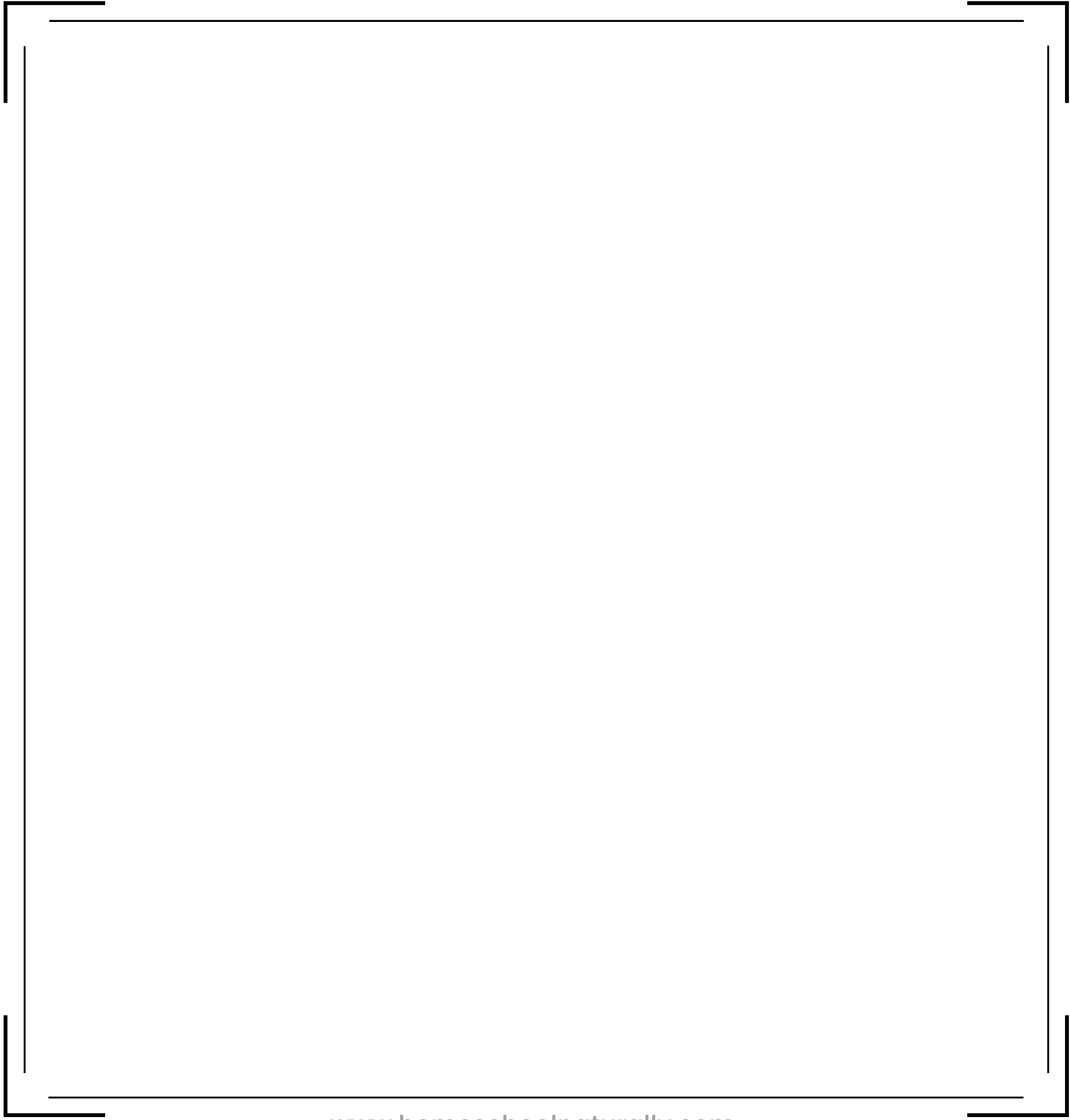
SUN  
SUNFLOWER  
TRAVEL  
VACATION

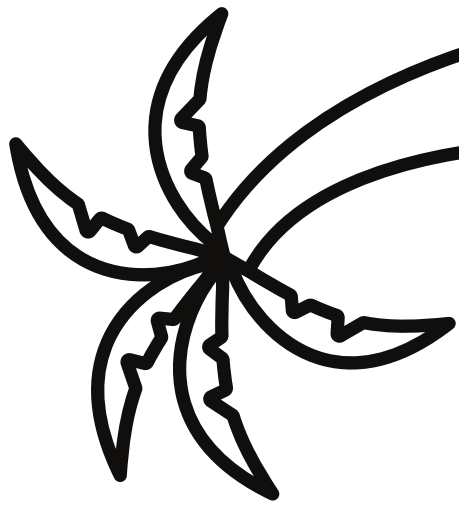
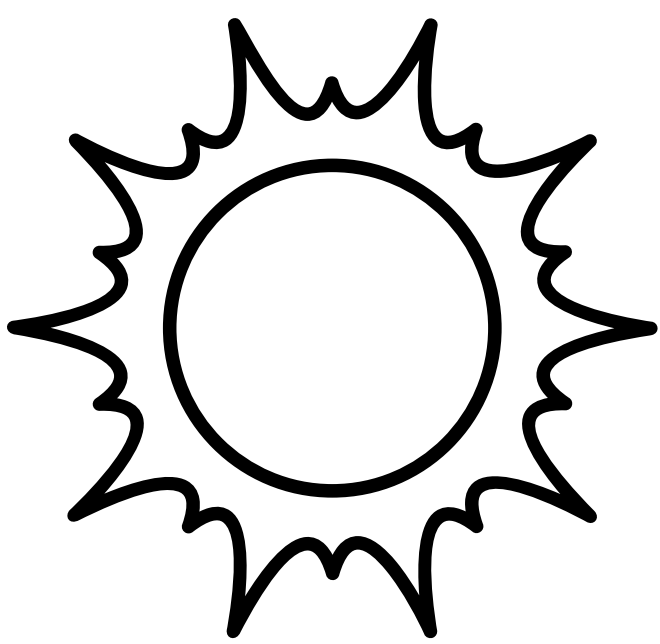
# Create Art For SUMMER

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

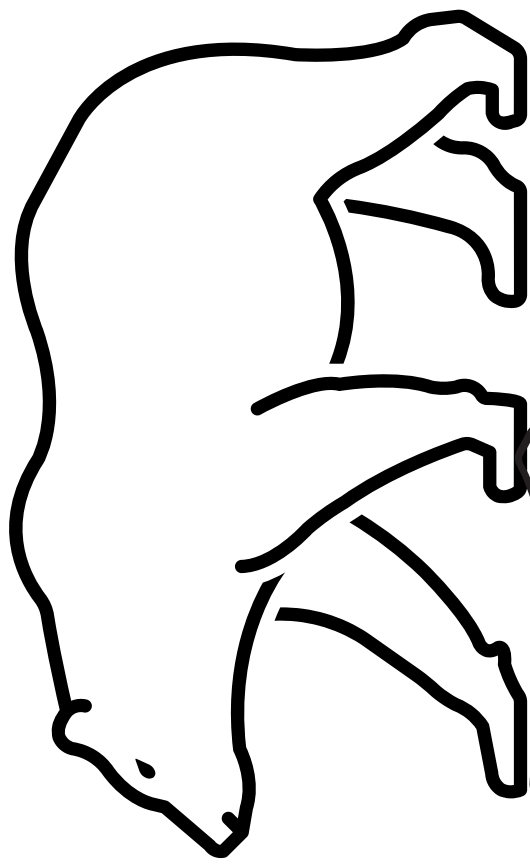
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Create Art For  
SUMMER





SUMMER





# SUMMER SOLSTICE

## 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 the versions we made [HERE!](#)



# 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*

S

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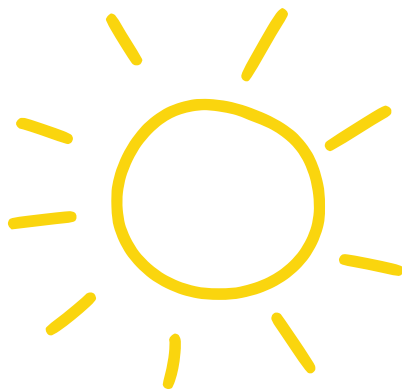
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# Summer Solstice Recipe

## Easy Peach Cobbler

The peaches on our tree always get ripe right at the solstice so we spend the end of June making cobbler. Here's our super easy recipe for you to try, you can totally substitute frozen peaches if you'd like.

### 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.



Thank You

for downloading this activity  
book and having some  
summer solstice fun with us!

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