

Objective

By the end of this lesson, Jennifer will have a deeper understanding of the Winter Solstice, including its historical significance, cultural celebrations, and natural phenomena associated with the shortest day of the year.

Materials and Prep

- Notebook and pencil for taking notes and drawing.
- Access to a calendar to mark the Winter Solstice date.
- A quiet space for reflection and activities.
- Basic knowledge about the seasons and Earth's tilt.

Activities

- **Winter Solstice Journal:**

Jennifer will create a journal entry about what she knows about the Winter Solstice. She can include drawings, thoughts, and any questions she has. This will help her articulate her understanding and curiosity about the topic.

- **Research and Presentation:**

Jennifer will research different cultures that celebrate the Winter Solstice, such as Yule, Dongzhi, or Inti Raymi. She can prepare a short presentation or a poster summarizing her findings and share it with family members.

- **Nature Walk:**

Take a nature walk to observe the changes in the environment during winter. Jennifer can note the types of plants, the weather, and any animals she sees. This will connect her learning to the natural world.

- **Creative Arts:**

Jennifer can create winter-themed art, such as snowflakes, winter landscapes, or decorations that represent the solstice. This will allow her to express her understanding creatively.

Talking Points

- "The Winter Solstice occurs around December 21st or 22nd in the Northern Hemisphere. It is the shortest day and longest night of the year."
- "Many cultures celebrate the Winter Solstice as a time of renewal and hope, as it marks the return of longer days."
- "Different traditions include lighting candles, feasting, and various rituals to honor the rebirth of the sun."
- "The tilt of the Earth's axis is what causes the seasons, and during the Winter Solstice, the North Pole is tilted farthest away from the sun."
- "This time of year is also a great opportunity to reflect on the past year and set intentions for

the upcoming year."