

Objective

By the end of this lesson, the student will be able to explain the significance of Winter solstice and Yule in history and understand their cultural importance.

Materials and Prep

Materials: Paper, markers, crayons, and access to a window or outdoor space where the sun can be observed.

Prep: Familiarize yourself with the concepts of Winter solstice and Yule, and prepare a simple craft activity related to these celebrations.

Activities

- Discuss the concept of Winter solstice and how it marks the shortest day and longest night of the year. Ask the student to observe and note the time of sunset on the day of the lesson.
- Create a simple craft project related to Yule, such as making a sun or a Yule log using paper and art supplies.
- Read a story or watch a video about the history and cultural significance of Yule celebrations in different parts of the world.

First Grade Talking Points

- "Winter solstice is a special day when the sun goes down early and it's very dark outside. It's the shortest day of the year!"
- "Yule is a celebration that happens around the same time as winter solstice. People in the past used to have big parties and do special things to welcome the return of the sun."
- "We can make our own sun or Yule log to celebrate and remember this special time of the year."