

# Let the Sun Shine

## Materials Needed:

Large box  
Sunglasses  
Hand Fan  
Teddy Bear

Sun Picture  
Flashlight  
Hand Mirror  
Frisbee

Umbrella  
Sungscreen  
Stemmed Flower  
Nametags for "Earth" "Sun"  
"Moon"

#1

Skip to the front of the room, take a deep bow, and yell, "*We would like you to meet our hero, the Sun.*" Then skip back to your seat.

#2

When you hear someone say, "Our hero, the sun," run to the classroom door and look out into the hallway. Place your hand horizontally above your eyes as if looking far away and yell, "*Where is the sun?*" Then give a puzzled look, scratch your head, and return to your seat.

#3

When someone asks, "Where is the sun?" flap your arms like a bird as you fly towards a window and yell, "*Everyone knows you can find the sun outside!*" Chirp like a bird as you fly back to your seat.

#4

When someone chirps and flaps their arms like a bird, run to the box, take a pair of sunglasses out, and run to the right side of the room. Put the sunglasses on and ask, "*Why is the sun so bright?*" Do *not* return back to your seat.

#5

When you see someone wearing sunglasses, run to the box and find a fan. Run to the left side of the room, fanning yourself and ask, "*Why does the sun feel so hot?*" Continue fanning yourself. Do *not* return back to your seat.

#6

When you see someone fanning themselves, come to the front of the room carrying your chair. Find the teddy bear in the box. Stand on your chair, snuggling the bear and ask, "*Where does the sun go at night?*" Continue standing on your chair with your bear. Do *not* return back to your seat.

#7

When you see someone holding a teddy bear, walk proudly to the front of the room taking bows. Find the picture of the sun in the box. Hold it high above your head and yell, *“I am the sun. Listen to my story as I answer all of your questions. Come with me!”* Place the picture of the sun on the chalkboard and lead the 3 kids back to their seats.

#8

When you see someone place a picture of the sun on the chalkboard, slowly walk to the front of the room wiggling the fingers of both hands high above your head. Write the words, “A STAR” in large letters on the chalkboard and say, *“The Sun is a medium-sized star. It appears bigger and brighter than other stars because it is so close to the Earth.”* Return to your seat walking passed the front row of students. Lean very close to each one and whisper the words, “Close, close, close . . .” over and over.

#9

When you see someone write the words “A STAR” on the chalkboard, run to the front of the room. Find the “Sun” nametag and a flashlight in the box. Put it on, turn on the flashlight, and shine it towards the class. Yell the words, *“The sun is like a huge furnace of burning gases. Hydrogen is the sun’s fuel.”* Continue standing there. Do *not* go back to your seat.

#10

When someone says, “Hydrogen is the sun’s fuel”, stand where you are and yell, *“The temperature inside the sun reaches millions of degrees, much hotter than any place on Earth.”* Wipe one hand across your forehead and say, *“Is anyone else feeling a little toasty in here?”* Sit back down.

#11

When someone asks, “Is anyone else feeling a little toasty I here?” spread your arms out like the wings of a spaceship, lower your head, and fly toward the “Sun” making loud rocket sounds. When you reach the “Sun”, stop and yell, *“The sun is so hot that a spaceship would be instantly destroyed by its intense heat before it could even get close.”* Then act like a melting candle as you shrink in size repeating the words, *“I’m melting! I’m melting!”* Return to your seat.

#12

When someone says, “I’m melting! I’m melting!” run to the front of the room. Find and put on the “Earth” nametag. Stand about 5 feet away from the “Sun” and yell, *“The Sun is the center of our solar system. The Earth is one of the 9 planets that orbit, or circle the sun.”* Do *not* go back to your seat.

<p>#13</p> <p>When someone says, “The Earth is one of 9 planets that orbit the sun,” stand where you are and yell, “<i>Although the Earth is 93 million miles away from the sun, it still receives the sun’s energy. This energy comes to us as heat and light.</i>” Sit back down.</p>	<p>#14</p> <p>When someone says, “This energy comes to us as heat and light,” gallop around the perimeter of the room. When you reach to the front of the room, stop and yell, “<i>The Earth travels, or revolves, around the sun in a path called an orbit. One complete orbit makes a year, about 365 days on Earth. That’s a pretty long trip!</i>” Gallop back to your seat.</p>
<p>#15</p> <p>When someone gallops back to their seat, carefully come to the front of the room, spinning yourself round and round. When you reach the front, put one finger on top of “Earth’s” head and slowly spin them around several times. Stop “Earth” and yell, “<i>The Earth spins, or rotates, as it orbits around the sun. One complete rotation takes 24 hours on Earth, making a day. Our Earth never stops spinning!</i>” Return to you seat spinning around.</p>	<p>#16</p> <p>When someone says, “Our Earth never stops spinning,” stand on your chair and crow loudly like a rooster flapping your arms. Then yell, “<i>For 12 hours one side of the Earth faces the sun. During these daytime hours we can see the sun’s light and feel its heat.</i>” Crow once again like a rooster and sit down.</p>
<p>#17</p> <p>When someone crows like a rooster and sits down stand on your chair and loudly whoo, whoo, whoo like an owl. Then yell, “<i>As the Earth rotates the next 12 hours, it faces away from the sun. During these nighttime hours the sun’s heat or light does not reach that side of the Earth.</i>” Whoo once again like an owl and sit down.</p>	<p>#18</p> <p>When someone whoos like an owl and sits down, run to the front of the room. Find the mirror and the “Moon” nametag and put it on. Stand beside the “Earth” holding the mirror so it faces the “Sun” and yell, “<i>The moon does not produce any heat or light of its own. Light from the sun reflects, or bounces off the moon’s surface like a mirror.</i>” Look up above the “Moon” and say, “<i>Did I just spy a leaping cow?</i>” Make “mooing” sounds like a cow and stampede back to your seat.</p>

<p>#19</p> <p>When someone “moos “ and runs like a cow back to their seat, run to the front of the room, do a cartwheel, and yell, “<i>We know how the Earth and the moon receive the sun’s energy; but how does its heat and light helps us?</i>” Motion toward the “Sun”, “Earth”, and “Moon” with your hand for them to follow you and say, “<i>Empty your hands and return to your seats.</i>” Do another cartwheel and together return to your seats.</p>	<p>#20</p> <p>When you see someone doing a cartwheel as they return to their seat, run around the classroom yelling, “<i>Our sun is continually producing solar energy that is sent out into space. It will continue radiating heat and light for millions of years. Unlike me, it never gets tired of working.</i>” Stop running and slowly crawl back to your seat.</p>
<p>#21</p> <p>When you see someone crawling back to their seat, run to the front of the room, curl up in a small ball, and slowly stretch upward like a seed growing towards the sun. Then yell, “<i>The sun’s heat and light helps green plants grow. The green plants store some of the sun’s energy in their leaves as food.</i>” Spread your arms out and lazily float like a leaf back to your seat.</p>	<p>#22</p> <p>When someone says, “Green plants store some of the sun’s energy in their leaves as food,” crawl like an inchworm arching your back to the right side of the room and yell, “<i>Animals get their energy by eating green plants. Caterpillars nibble leaves, taking in the stored solar energy from the green plants they eat as food.</i>” Crawl like an inchworm back to your seat.</p>
<p>#23</p> <p>When you see someone crawling like an inchworm, hop to the left side of the room like a frog saying “Ribbit, ribbit, ribbit . . .” Then yell, “<i>Many animals eat one another for food. Each animal receives some of the stored energy from the sun as a part of the food chain.</i>” Return to your seat hopping like a frog.</p>	<p>#24</p> <p>When you see someone hopping like a frog, dance to the front of the room and say, “<i>The food people eat comes either from plants or animals. This way we also receive some of the sun’s energy that was stored in all of the fruits, vegetables, and meats we eat. We should thank the sun every time we enjoy a good meal.</i>” Dance back to your seat.</p>

<p>#25</p> <p>When you see someone dancing back to their seat, carefully stand on a table in the room and roar like a dinosaur. Then yell, <i>“Millions of years ago when dinosaurs roamed the Earth, it was covered with swamps and jungles. As these plants and animals grew they stored solar energy.”</i> Roar again like a dinosaur but do <i>not</i> return to your seat. Wait and follow the person making car sounds back to your seat.</p>	<p>#26</p> <p>When you see someone roar like a dinosaur, walk to the front of the room and find the flower in the box. Walk over to the “dinosaur”, hold the flower in front of you, and sadly say, <i>“When the dinosaurs died, they slowly changed to coal, oil, and natural gas. Today, we use the stored-up solar energy in the fossil fuels that run our cars, airplanes, and rockets.”</i> Make the sound of a car engine and drive yourself back to your seat.</p>
<p>#27</p> <p>When you see someone making car noises and driving back to their seat, form a big circle with your outstretched arms, blow air as you twirl around like a tornado around the room. When you reach the back of the classroom, stop and yell, <i>“Our weather and climate depend upon the sun. As the sun’s heat warms the Earth’s land and oceans, heated air rises, causing winds.”</i> Twirl your way back to your seat.</p>	<p>#28</p> <p>When you see someone twirling like a tornado, run to the front of the room, find and open the umbrella, and yell, <i>“Water vapor rises into the air as the sun heats oceans and lakes. When this moisture cools, it returns to the Earth as rain, snow or hail. The Earth’s water cycle provides needed moisture for all living plants and animals.”</i> Close the umbrella and return to your seat.</p>
<p>#29</p> <p>When you see someone close an umbrella, run to the front of the room with a partner, take the Frisbee in the box, and run to the right side of the room. When your partner has run to the left side of the room, toss the Frisbee back and forth with them as you say, <i>“We all enjoy the sun’s warmth and light as we play outdoors.”</i> Wait until your partner has finished their part. Then return the Frisbee and return to your seat.</p>	<p>#30</p> <p>When you see someone close an umbrella, run to the front of the room with a partner, find the sunscreen in the box, and run to the left side of the room. Toss the Frisbee with your partner as they say their part. Then put some sunscreen on your face and yell, <i>“We must remember that the sun produces harmful UV rays that can damage our skin. Wearing proper clothing and sunscreen helps protect us from harmful UV rays when we are exposed to the sun’s light for long periods of time.”</i> Return the sunscreen and return to your desk.</p>

<p>#31</p> <p>When you see Frisbee players return to their seat, run to the front of the room and yell, <i>“For millions of years, the sun has warmed and lighted our planet. It will continue shining bright and warm for many more millions of years, providing the energy needed for all living things.”</i> Take a deep bow and return to your seat.</p>	<p>#32</p> <p>When you see someone take a deep bow and return to their seat, stand up where you are and yell, <i>“Let’s all stand up and cheer loudly, as we thank our hero, the Sun.”</i> Everyone stands and goes crazy cheering.</p>