

# eclipse

## sun fun

### Great American Eclipse

Now's a great time to talk with children about the moon, the stars, and the great sun that powers our planet. Spend the week before the upcoming eclipse incorporating a bit of sun fun into your day to create excitement about this rare event.

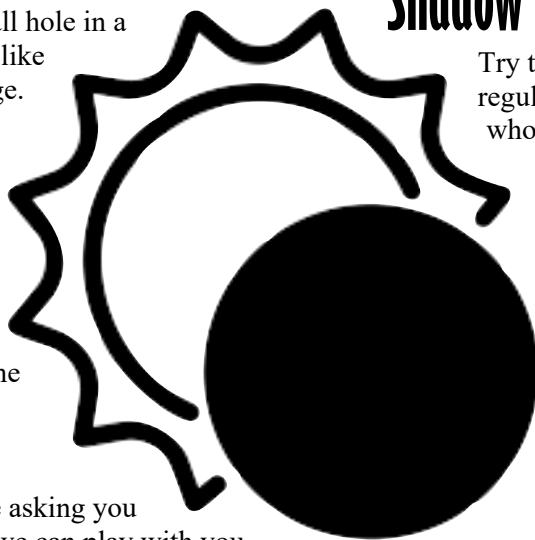
Visit [science.nasa.gov/eclipses](http://science.nasa.gov/eclipses) for more information.

### MAKE IT Sun Safety

Looking directly at the sun is extremely dangerous, damage to the retina occurs in a few seconds and is not reversible. Watch the eclipse safely by looking at a projected image of the sun with a pin-hole viewer. A small hole in a piece of foil acts much like a lens, creating an image.

### SING IT Mr. Sun Song

Oh Mr. Sun, Sun  
Mr. Golden Sun  
Please shine down on me  
Oh Mr. Sun, Sun  
Mr. Golden Sun  
Hiding behind a tree  
These little children are asking you  
To please come out so we can play with you  
Oh Mr. Sun, Sun  
Mr. Golden Sun  
Please shine down on me



### EAT IT Sunny Side Up

Serving an egg-in-a-hole breakfast is a perfect CACFP way to celebrate the eclipse! Cut a hole in the center of a slice of whole-grain bread using a drinking glass. Heat skillet, melt a tablespoon of butter, place bread in pan, and crack the egg into the center of the hole. Cook until egg is set and flip over for just a bit until the egg whites are set. Toast the hole and place on top of the egg before serving to create an eclipse on the plate. Add a glass of milk and orange slices for a #cacfpcreditable start of the day. Make it a #cacfpcreditable meal—just add vegetables!

### PLAY IT Shadow Tag

Try this eclipse twist to a traditional outside game! Just like in regular tag, one child will be “it” and will try to tag another child, who then becomes “it.” Unlike real tag, no one touches each other; instead, only shadows touch shadows!

### READ IT Someone Is Eating the Sun

This favorite children's book by Ruth A. Sonneborn shares the story of barnyard animals who feared the worst as the sun disappeared from the sky. No longer in print, look for it at a local library or share the YouTube dramatic performance by kindergartners at Doane Stuart School.

### LEARN IT Solar Eclipse

An eclipse occurs when one object in space blocks an observer from seeing another object in space. A solar eclipse occurs when the Moon passes in front of the Sun, causing a shadow to fall on the Earth.

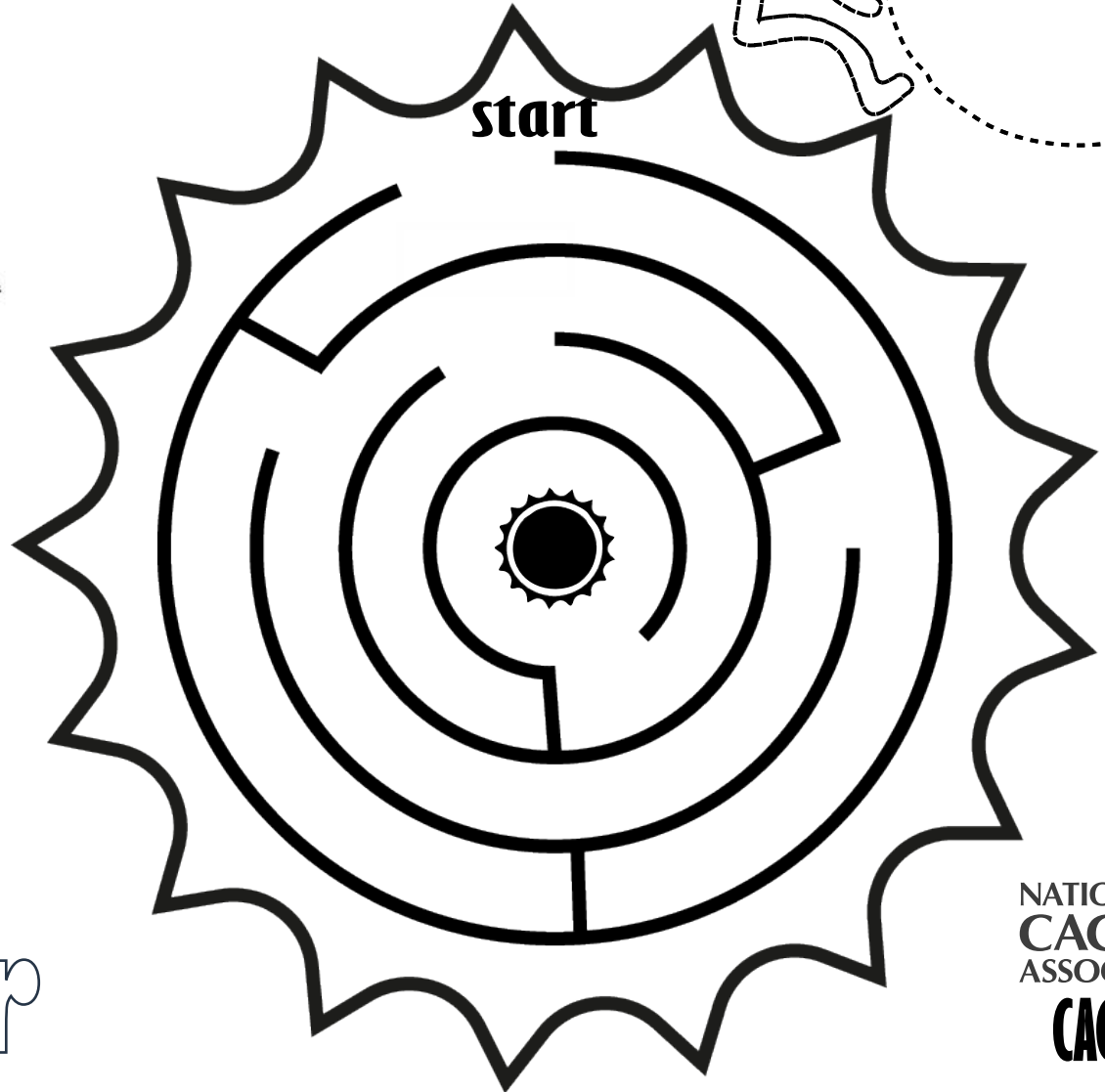
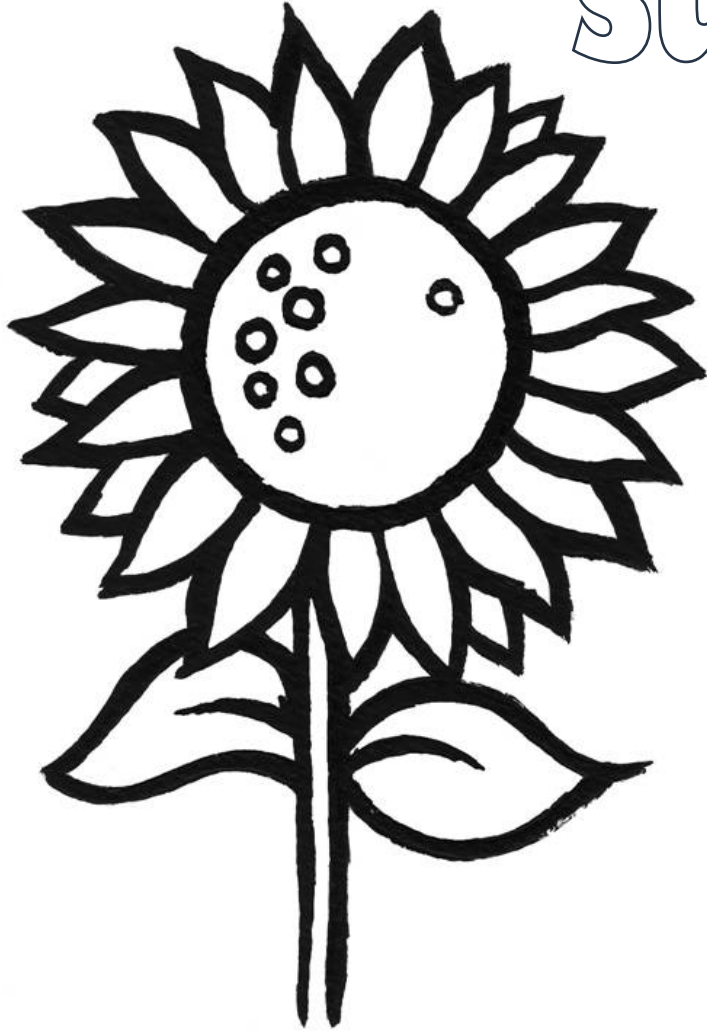
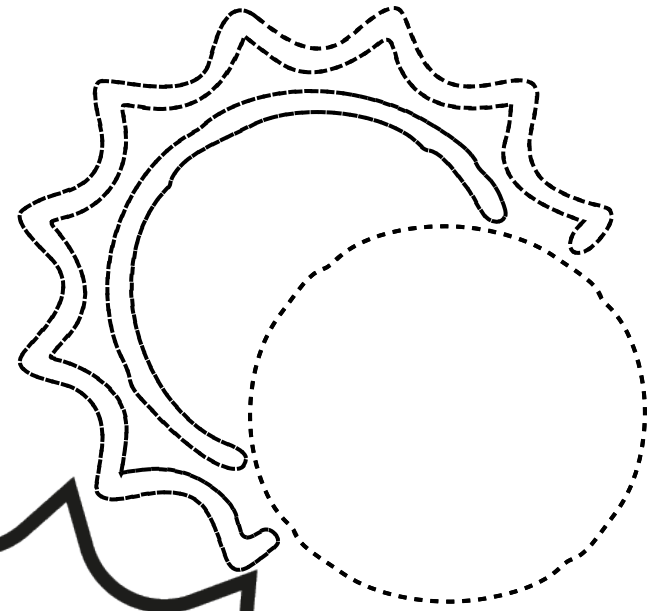
### MOVE IT Sun Salutation

Teach this fun yoga move and you'll find it's a favorite way to calm kids down anytime of the year.

- Stand tall with legs apart, inhale deeply, and reach their arms to the sky saying, “Hello Sun!”
- Exhale and bend to reach your toes.
- Place hands on the ground for balance, inhale, and step right foot back keeping a straight back.
- Exhale, step left foot back, and hang head creating an upside down V.
- Inhale, drop to the knees, arch back on all fours.
- Exhale, sit on heels, rest head on ground, and bring arms back alongside body for final position.

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# Sun Flower