

MOON DIARY

Looking at the night sky before bed can help you unwind. That's because your body is programmed to slow down and feel sleepy when it's dark.

Look up at the Moon and draw its shape in the first box below. Draw it again the next night, and the nights after that, to keep track of how it changes.



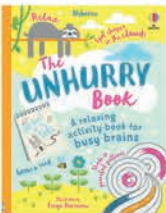
On a cloudy night, if you can't see the Moon, just draw in clouds. You might be able to spot a glow where the Moon is hiding.



The Moon doesn't actually change shape, it just looks as if it does. That's because it moves around the Earth and is lit up by the Sun from different angles.



It will take about 28 nights for the Moon to look as it did in your first box. This means it has completed a full circle around the Earth. It's a cycle that is repeated night after night - so you can always look up and check in on what the Moon's up to.



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