

# **Lesson Plan: Day and Night – Earth's Bright and Dark Adventures**

**Age Group:** 5-Year-Olds-Plus

**Duration:** 30-40 minutes

## **Learning Objectives:**

By the end of the lesson, children will be able to:

1. Understand the basic concept of day and night.
2. Learn that Earth's rotation causes day and night.
3. Identify the difference between daytime (sun) and nighttime (stars, darkness).
4. Recognize that some animals are active during the day, and others at night.

## **Materials:**

- Video Tutorial by [DiscoverLifeSkills.com](https://www.discoverlifeskills.com): *Day and Night – Earth's Bright and Dark Adventures*
- Flashlight or lamp (to represent the sun)
- A globe or a round object (to represent Earth)
- Pictures of daytime and nighttime animals (e.g., owls, birds)
- Black construction paper and yellow/white crayons for drawing
- Star stickers
- Large poster board or whiteboard

## **Lesson Structure:**

### **1. Introduction (5 minutes)**

- Ask the children if they know why it gets dark at night and bright during the day.
- Show a picture of the sun and stars and explain that today they will learn why we have day and night.

### **2. Watch the Video (10 minutes)**

- Play the video *Day and Night – Earth's Bright and Dark Adventures*.
- Encourage the children to pay attention to how Earth spins and what happens during the day and night.
- After the video, ask what they liked about it.

### **3. Discussion (5-7 minutes)**

- Ask the children:
  - "What makes it day?" (Answer: The part of Earth where we live is facing the sun)

- "What makes it night?" (Answer: The part of Earth where we live is turned away from the sun)
- "How long does it take for Earth to spin around once?" (Answer: 24 hours, which gives us one day and one night)
- Use a globe or round object and a flashlight to demonstrate how Earth spins and show how different parts of the Earth experience day and night. Shine the flashlight on one side of the globe to represent daytime, and explain that the side in darkness is experiencing night.

#### 4. Hands-On Activity (10-12 minutes)

- **Day and Night Drawing:**
  - Give each child a piece of black construction paper and white or yellow crayons. Ask them to draw a nighttime sky with stars. Let them use star stickers for extra fun!
  - On the back of the paper, they can draw a bright daytime sky with the sun using colorful crayons.
- **Daytime and Nighttime Animals:**
  - Show pictures of animals that are active during the day (birds, butterflies) and those that are active at night (owls, bats).
  - Ask the children to pretend to be either a daytime or nighttime animal. They can flap their arms like birds during the day or hoot like owls during the night.

#### 5. Review and Wrap-Up (5 minutes)

- Review key points:
  - Earth spins, and this causes day and night.
  - Daytime happens when we face the sun, and nighttime happens when we turn away.
  - Some animals like the day, and some love the night.
- Ask children to share one thing they learned about day and night. You can also ask if they prefer daytime or nighttime and why.

#### Extension Activities:

- **Sunrise and Sunset Craft:** Let the children create a simple sun using craft paper and watch how they can "rotate" their Earth to make a sunset or sunrise.
- **Story Time:** Read a short story about animals that are awake at night or during the day.
- **Sun and Moon Song:** Teach them a simple song or rhyme about the sun and moon to reinforce the idea of day and night.

#### Teaching Tips for 5-Year-Olds:

1. **Use relatable examples:** Help children connect their daily routines to the concept of day and night (e.g., waking up in the morning when it's bright, going to sleep when it's dark).

2. **Hands-on demonstrations:** Using a globe and flashlight to explain day and night makes the concept more visual and easy to grasp.
3. **Interactive learning:** Allow children to role-play animals that are active during the day or night to keep the lesson playful and fun.
4. **Repetition and visuals:** Repeatedly use the words "day," "night," "sun," and "stars" with pictures or models to reinforce the lesson.

This lesson plan will make learning about day and night exciting and memorable for young children with engaging activities and fun visuals!