

## March - Week 3 *Spring Equinox: All Things Being Equal*

**After the winter, March brings us many** seasonal changes. From sunrise to sunset temperatures may vary greatly. How cold was it when you got out of bed this morning? How cold, or warm, is it now? What time does the sun set tonight? How long will the day be tomorrow and on June 20 or 21st, the longest day of the year? Check the Minnesota Weatherguide Environment Calendar and Almanac to see data on sunrise and sunset times.

Depending on the year, March 20 or 21 is the Vernal, or Spring Equinox. This is the date when daytime and nighttime hours are equal length. How does this affect regular changes on the Earth and its living things? How does your life change as each day becomes a few seconds longer and a few degrees warmer each day? Are you changing behaviors like the animals do? Do you wake up earlier or go to bed later? What are your favorite outdoor activities in spring? Spend some time outdoors this week on or near the date of the Spring Equinox. What signs of spring do you notice? Has spring sprung? How do you know? What does spring mean to you? Consider any or all of these questions as you create your Spring Equinox entry in your nature journal.



Longer days, melting ice, returning birds.