

September - Week 3

Autumnal Equinox: All Things Being Equal

After the summer, September 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 is it now? What time does the sun set tonight?

The Autumnal Equinox, the first day of fall, occurs on or around September 23. The Equinox is when day 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 shorter and a few degrees cooler each day? Are you changing behaviors like the animals do? Do you sleep later or go to bed earlier? What are your favorite outdoor activities in fall? How short will the day be tomorrow and on the Winter Solstice (on or around December 21), the shortest day of the year? Check the Minnesota Weatherguide Environment Calendar and Almanac to see data on sunrise and sunset.

Make sure to document the sunrise and sunset time for the Autumnal Equinox in your journal entry this week. Use the questions above to guide reflections on your daily schedule and the daily rhythms happening outside this week. If possible, make observations at two or three times in one day. Note the sights and sounds and how the weather conditions and day length may be impacting your observations at this time of year when “all things” (day/night) are equal.

