

## *Daylight Saving Time* Lesson Plan

**Title:** Learning about Daylight Saving Time

**Objectives:** The students will understand why we use Daylight Saving Time and how to reset the clock to begin and end Daylight Saving Time.

**Materials:**

1. eBook, Daylight Saving Time
2. eBook Quiz, Daylight Saving Time (online or printable)
3. Worksheet #1 Daylight Saving Time (printable)
4. Worksheet #2 Setting the Clock, Spring Forward/Fall Back (printable)
5. Worksheet #3 True/False Fun Facts about Daylight Savings (printable)
6. Writing Activity, The Advantages and Disadvantages of DST (printable or may use notebook paper)
7. Dry erase board to draw a clock, markers
8. (Optional) a clock with movable hands – you can draw a clock on the board instead.

**1. Engage:** Greet students, “Did anyone do something special to their clocks this weekend?” Let the students share what they did to their clocks.

**2.** Students will view eBook, *Daylight Saving Time*

**3. Teach:** Lead a discussion about DST, what it is, why we do it, how it affects our clocks, how it affects the hours of daylight, and how it may affect our sleep, etc.

**4. Student Talk:** Draw a T chart labeled advantages and disadvantages of DST. Ask the students how they feel about DST. Let the students brainstorm and discuss the advantages and disadvantages of DST. Write their responses on the T chart.

**5. Guided Practice:** The teacher will draw a clock on the board with the hour hand set. Call up students to reset the clock to begin and end Daylight Saving Time. Continue to reset the clock at a different hour until all the students have a turn.

**6. Independent Practice:** Students will do the following:

1. eBook Quiz Daylight Saving Time (online or printable) Answer Key Below
2. Daylight Saving Time Worksheets #1, #2 and #3 (printables)
3. Daylight Saving Writing Assignment (printable or notebook paper) – The students will write and explain, in paragraph form, 3 advantages of DST and 3 disadvantages of DST.

**7. Closure:** Students may read their Daylight Saving Time Paper to the class.

**8. Assessment:**

- \* Formative assessment during Guided Practice resetting the clock on the board
- \* Grade Daylight Saving Time Worksheets #1, #2 and #3
- \* Grade Writing Assignment based on:
  1. Successful completion of the entire writing assignment.
  2. Two paragraphs were written; paragraph #1, three advantages of DST; paragraph #2, three disadvantages of DST.
  3. Correct spelling and neatness

Name \_\_\_\_\_

Date \_\_\_\_\_

### **Daylight Saving Time Quiz Key**

1. Which month does Daylight Saving Time begin?
  - a. January
  - b. February
  - c. March**
  - d. April
2. Which month does Daylight Saving Time end?
  - a. August
  - b. September
  - c. October
  - d. November**
3. In the year 1895, which scientist proposed Daylight Saving Time?
  - a. Albert Einstein
  - b. Sir Isaac Newton
  - c. George Vernon Hudson**
  - d. Charles Darwin
4. Which country was the first to make Daylight Saving Time a law?
  - a. America
  - b. Russia
  - c. China
  - d. New Zealand**
5. What is the main reason to have Daylight Saving Time?
  - a. to collect bugs in the late afternoons
  - b. to avoid going to bed too early
  - c. to save energy**
  - d. to sleep longer
6. Which popular phrase helps us remember how Daylight Saving Time affects our clocks?
  - a. "Time is like an hourglass"
  - b. "Time is on your side"
  - c. "Spring forward, fall back"**
  - d. "Spring up, fall down"

7. Which way do we move our clocks to begin Daylight Saving Time?
- a. one hour forward**
  - b. two hours forward
  - c. one hour backward
  - d. two hours backward
8. Which way do move our clocks to end Daylight Saving Time?
- a. one hour forward
  - b. two hours forward
  - c. one hour back**
  - d. two hours back
9. What is the hour when Daylight Saving Time begins and ends?
- a. at two o'clock A.M.**
  - b. at three o'clock A.M.
  - c. at four o'clock P.M.
  - d. at five o'clock P.M.
10. Who wrote the proverb, "Early to bed and early to rise makes a man healthy, wealthy and wise."
- a. Benjamin Franklin**
  - b. George Washington
  - c. William Shakespeare
  - d. Dr. Seuss