

# Shoot for the Stars

## YOUR GIRL GAINED SKILLS IN COGNITION!

### Throughout the activity she also practiced:

- Reasoning and problem solving
- Showing interest and asking questions about what she saw
- Using her senses to understand and process new information and recall existing knowledge

### Facts about the Sun for your curious girl:

- The Sun is a star made of hot, glowing gases.
- The word orbit refers to the path one object takes around another object.
- As the Earth makes its orbit around the Sun, and the seasons change as the Earth tilts towards and away from the Sun.
- It takes one year for the Earth to orbit the Sun.
- The Sun, which is our star, and all of the planets and objects that travel around it is known as our Solar System.
- Without the Sun's energy and heat, there would be no life on Earth.
- Light from the Sun takes eight minutes to get to Earth.

### Activities you can do at home to develop her cognitive skills by fostering her curiosity:

- Reflect on the session. Ask her to recall one or two things she learned about the Sun today. Allowing her to engage in scientific talk helps develop her ability to make observations about her environment, feel confident responding to questions, and fosters creativity.
- Discover together. Take your girl outside once the moon has risen and ask her to describe what she sees and hears. Your girl should be able to describe what she sees in the sky, what she sees around her, and noises she notices while she is outside. Do internet research to discover new facts about the moon. If she asks a question that you do not know the answer to, let her know! She will learn that learning is a lifelong skill as she watches you discover new facts too.
- Make together. Recreate the Earth and Sun model your facilitator used to demonstrate the Earth's orbit around the Sun. You can use balls or use paper or foil to create a ball. Take it an extra step and make our entire Solar System!

