



Exploring 4-H at Home



Science and
Technology

Pillar: Science & Technology

Project: Astronomy

Activity: Keep a Sky Journal



CANADA
4-H Saskatchewan

Astronomy

Activity Guide

Astronomy

There are many free apps you can use on your phone to help with star gazing. Some of these are:

- MO Free
- Nightshift
- Stellarium
- Sky Map
- Sky Wiki

Keeping a Sky Journal

Supplies needed:

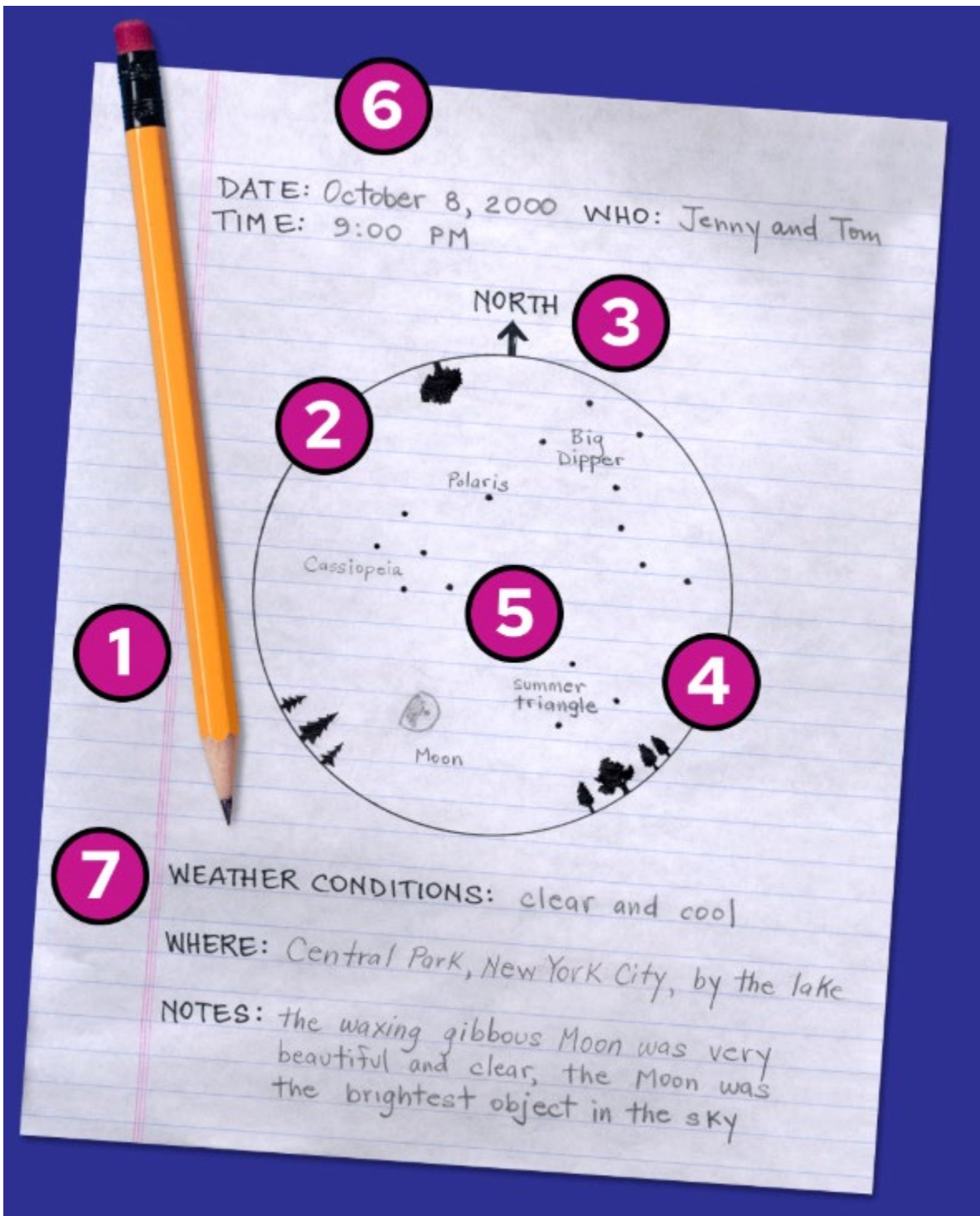
- Pencil
- Notebook
- Flashlight
- Compass

Steps:

1. Use a pencil. This will make it easier to move a star!
2. Draw a circle that's at least 12 centimeters (5 inches) across in your journal. This will represent the horizon on all sides.
3. Figure out which way is north using your compass. Mark it on the edge of the circle.
4. Draw in some landmarks you see at the horizon, such as trees and buildings. This will help you keep track of which way you're looking. It will also help you compare observations from different days.
5. Look straight up. Record what you see in the middle of the circle. Use little circles or dots to show the stars.
6. Make a note of the date, time, and who made the observations with you. Later, this information will help you identify what you saw.
7. Also note the weather conditions, the place, and any notes about what the sky looked like.

What you'll see depends on where you are, the time of the year, and the weather. If you are in a populated area, "light pollution" might make it hard to see all but the brightest stars.

In many places, especially cities, "light pollution" floods the atmosphere. This makes it impossible for us to see the light from distant stars. If there is too much light pollution where you live, visit a nearby planetarium.



From <https://www.amnh.org/explore/ology/astronomy/a-kid-s-guide-to-stargazing>