

your guide to the solar eclipse
April 8, 2024



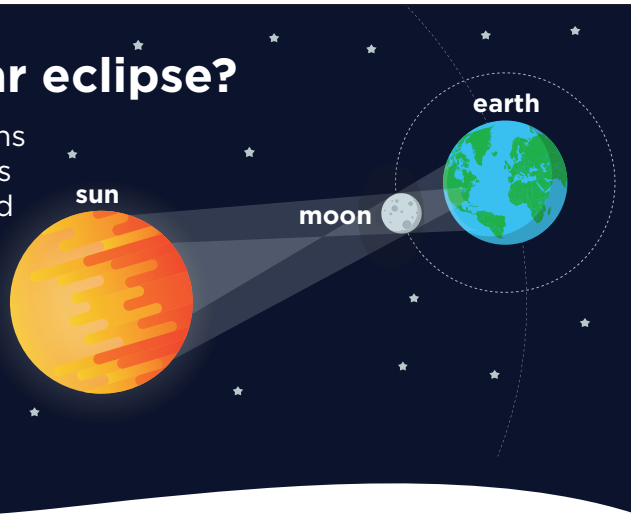
eclipse fast facts

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what is a solar eclipse?

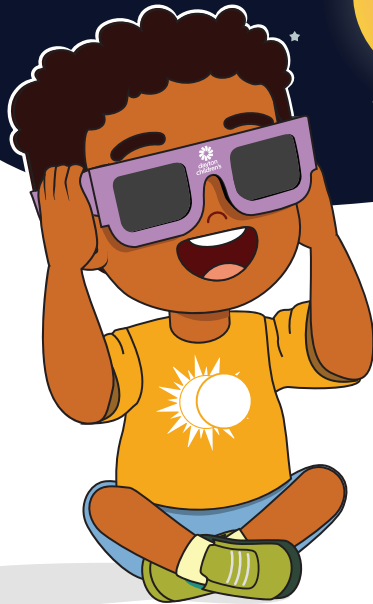
A solar eclipse happens when the moon moves between the Earth and the sun, blocking out the sun's light.



when is the solar eclipse?

It is extremely rare to see a total solar eclipse. Dayton, Ohio is in the path of totality as the eclipse passes through on April 8, 2024 at 3:10 pm.

We expect around 2-1/2 minutes of darkness.



what will happen around me during the eclipse?

The sun makes the sky bright during the day, so the sky looks very different during a total solar eclipse. When the moon blocks the sunlight from reaching Earth, the sky gets dark like during the sunset.



why do we need special glasses?

Normally, we never look directly at the sun, but special eclipse glasses make it safe for us to look at the sun! Note that when you put on your glasses before the eclipse you won't be able to see anything!

That's intentional!

During a total solar eclipse, you can even see stars during the day! Animals like horses, birds, and pets may think it's nighttime and go to bed. Sunlight also keeps us warm, so during the total solar eclipse, it will get colder.

what if it's cloudy?

If the conditions that day are not favorable to view the eclipse, you can watch it through the NASA live stream!

Visit www.nasa.gov/nasalive to learn more.

what is the danger of staring directly at the sun?

Staring directly at the sun can cause damage both to the front and back parts of your eye. You won't feel pain but may experience a blurry or blind spot in the central part of your vision. If you think you or your child has experienced eye damage during the eclipse, please contact your primary care physician or Dayton Children's ophthalmology.





solar eclipse safety contract

Brought to you by Dayton Children's ophthalmology

Before April 8, review the following safety rules with your family and sign the contract together. Remind your kids that their safety is your number one priority.



- Check to make sure my glasses aren't damaged before putting them on.
- Wear the eclipse glasses the entire time I am looking at the sun.
- Face AWAY from the sun when I put my glasses on.
- Hold onto my eclipse glasses with two hands while looking at the sun so that the wind cannot blow them away.
- Turn away from the sun before removing my glasses.



- Put my solar eclipse glasses in my pocket.
- Sneak a peek at the sun without my glasses.
- Encourage or dare others to take their eclipse glasses off.
- Look at the eclipsed sun with sunglasses, polaroid filters, certain welding glasses, exposed color film, X-ray film or photographic neutral-density filters.
- Look at the sun through a camera, binoculars, or telescope unless directed by a professional.
- Stare at the sun the entire time we're outside - everyone needs to give their eyes regular breaks.
- Play, run around, or horseplay when viewing the eclipse.
- Use regular sunglasses to view the eclipse.



signatures

Name _____ Date _____

Name _____ Date _____

Name _____ Date _____

Name _____ Date _____

your eclipse experience

Brought to you by the On Our Sleeves® movement for children's mental health

Use the experience around the eclipse to connect with others and start a conversation.

Circle the words that best describe how you were feeling before, during, and after the total solar eclipse. You can also use the line to write your own emotion!

before

unsure
excited
nervous
impatient
concerned

during

amazed
anxious
eager
bored
scared

after

inspired
thrilled
appreciative
dissatisfied
happy

How would you describe the eclipse to someone who didn't or couldn't see it?

Draw a picture of the eclipse that you saw.



Scan to download and print an eclipse memory maker page and other resources.

