Tonight the clocks will change while I am sleeping.

At 2 a.m. when I am sleeping, the clock will change to 1 a.m.

This is the end of daylight savings, and it only happens once in the fall.

This will only happen on this one night.

I might wake up earlier than usual.

It might feel like school or my activities are starting later.

In the afternoon, it will get dark earlier than usual.

At night, I might be more tired and want to go to bed earlier. That is OK.

It will be a change, but I will be OK.

After a few days or so, my body will get used to the change.