

Daylight Saving Time Ends



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.

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