

Daylight Saving Time



Tonight the clocks will change while I am sleeping.



When I wake up, I might be more tired because I will miss one hour of sleep.



At 2 a.m. when I am sleeping, the clock will change to 3 a.m.



When I wake up, it might feel very early to me, but it will be time to get up.



This is called daylight savings, and it only happens once in the springtime.



In the afternoon, it will not get dark as early as it does in the wintertime.

This will only happen on this one night.

It might still be light outside when I am eating dinner, watching my shows, or getting ready for bed.



But it means that when I have to wake up in the morning, it might be darker than usual.



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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