

DECEMBER 21 • THE LONGEST NIGHT

Winter Solstice Reflection

Look back on the year as the light begins to return

What did this year teach me?

What am I ready to release into the dark?

Three moments I'm grateful for

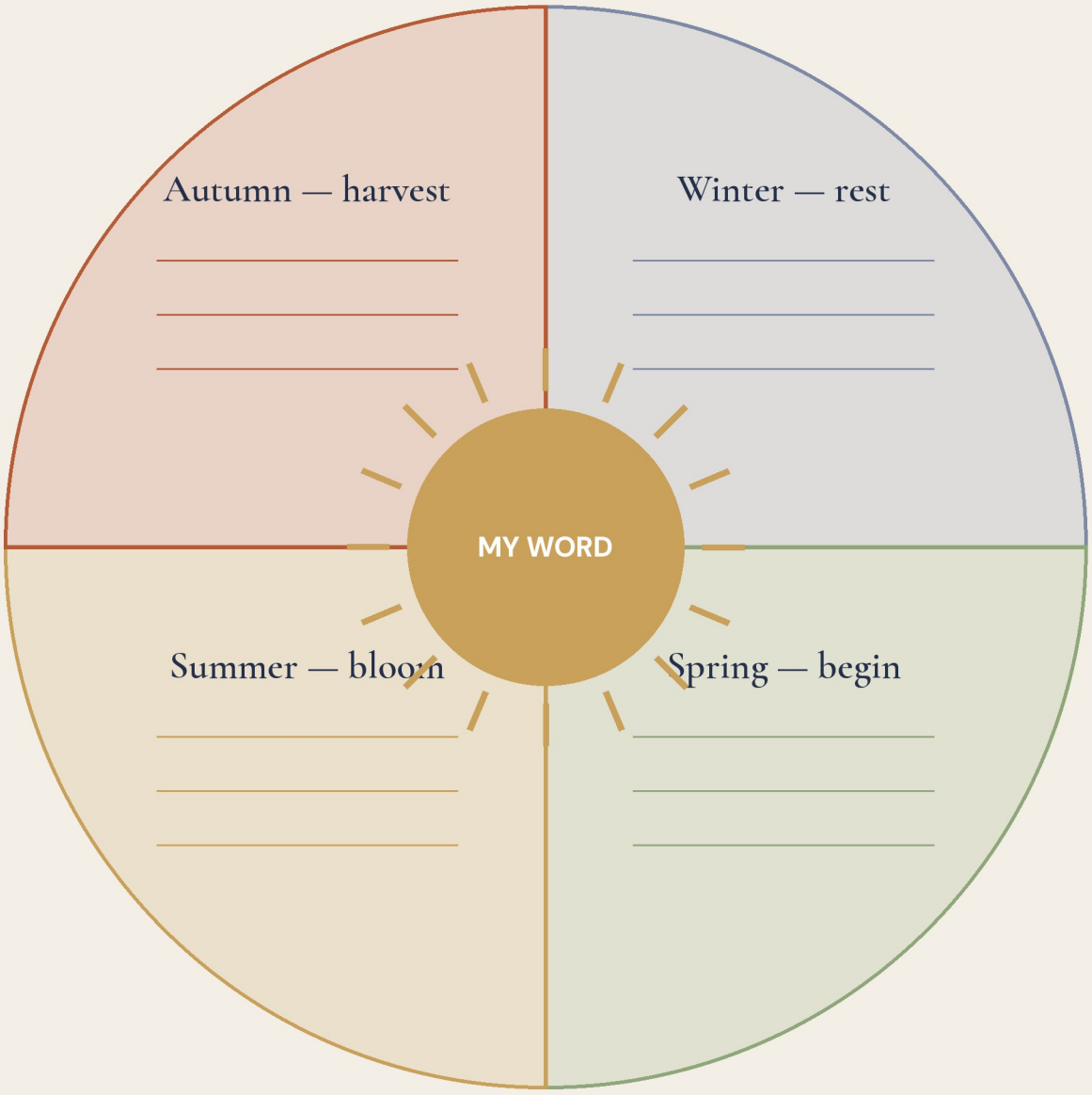
Where did I grow, even slowly?

What brought me warmth and light?

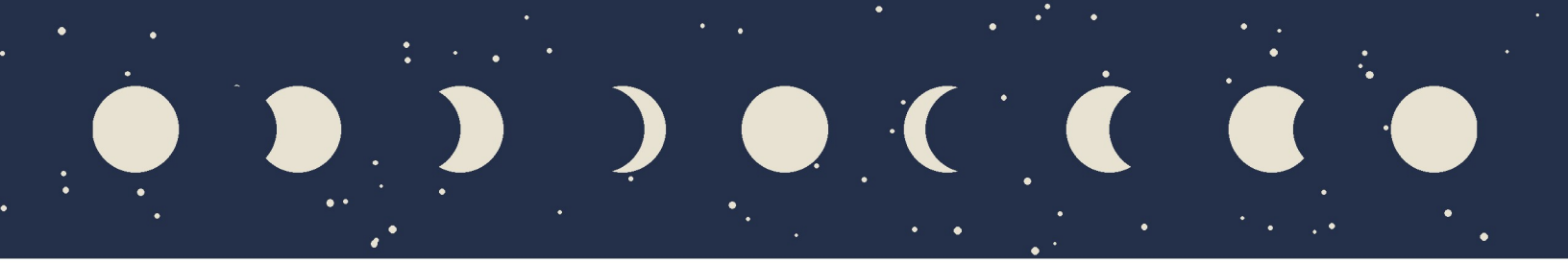
AS THE DAYS GROW LONGER

Intentions for the Returning Light

Plant one seed of intention for each season ahead



My word for the new year: _____



FAMILY ACTIVITY • GET OUTSIDE BEFORE SUNSET

Solstice Nature Scavenger Hunt

Tick off each winter treasure you find

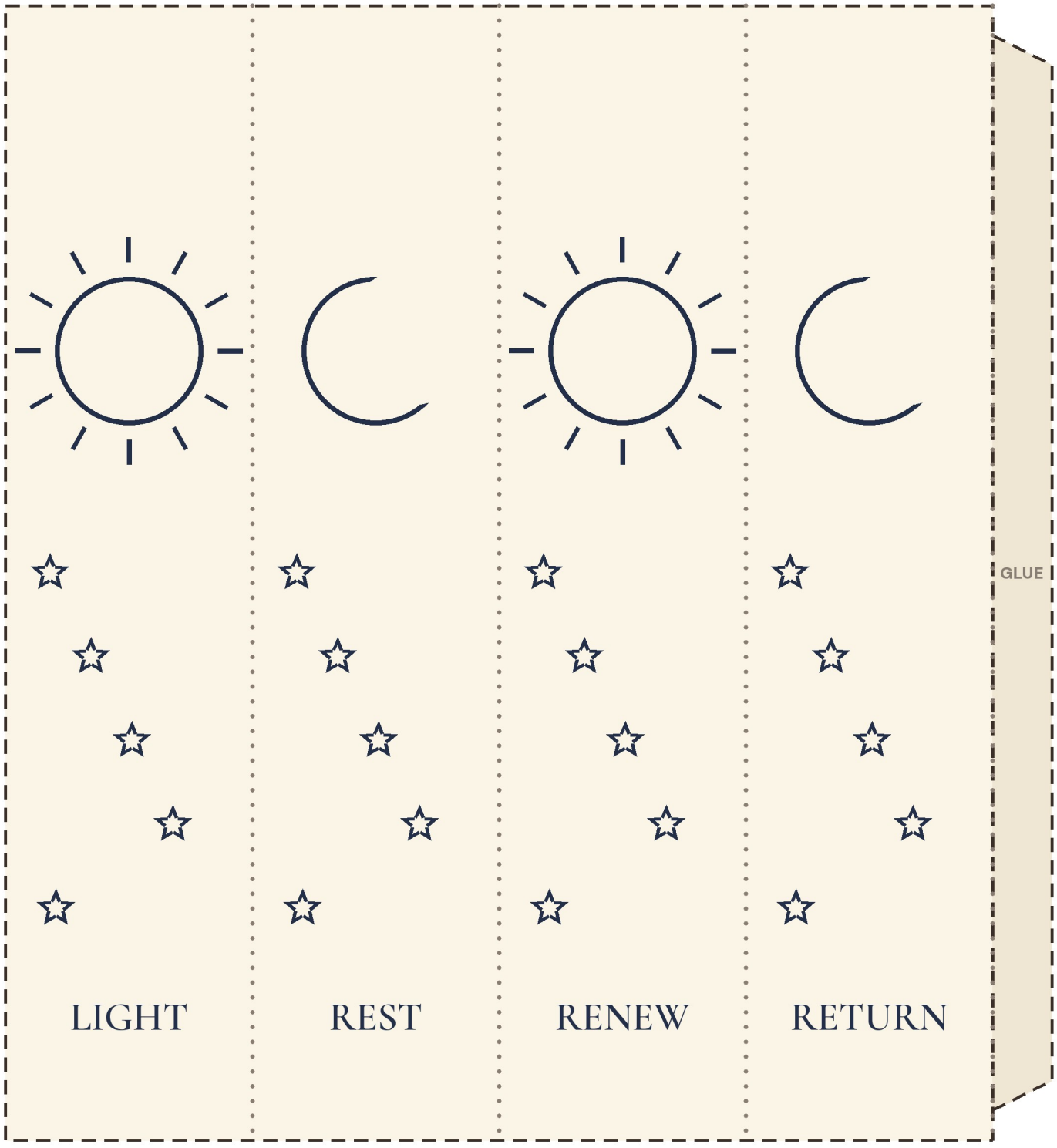
○ An evergreen branch ☐	○ A pinecone ☐	○ Animal tracks ☐	○ A red berry ☐
○ Frost or ice ☐	○ A bare tree ☐	○ A bird ☐	○ Moss on a stone ☐
○ Something gold ☐	○ A feather ☐	○ The first star ☐	○ The sunset sky ☐
○ A smooth stone ☐	○ Something that smells fresh ☐	○ A seed pod ☐	○ Your own shadow ☐

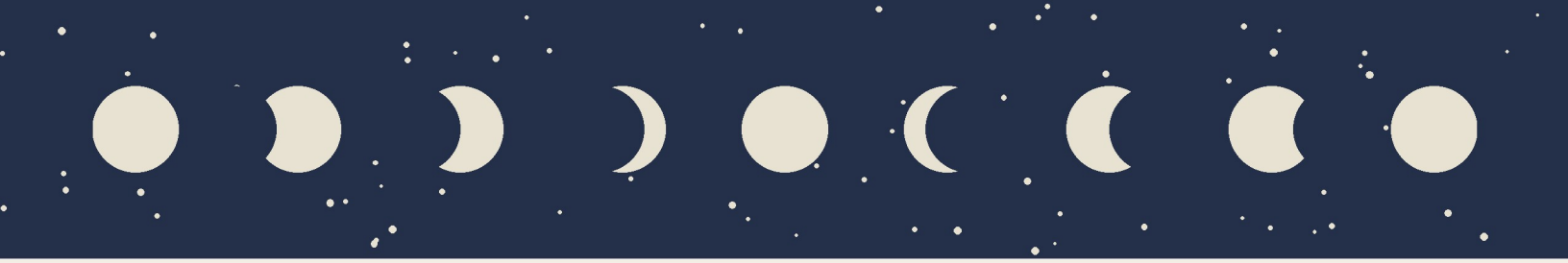
Light a candle at sunset and share your favourite find.

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Paper Sun Lantern Template

Colour, cut along the dashes, fold on the dotted lines, glue the tab and add a battery tea light





WATCH THE LIGHT COME BACK

Sunrise & Sunset Tracker

Dec 21 – Jan 31 • note the minutes of daylight gained

Date	Sunrise	Sunset	Daylight	Minutes gained
Dec 21				
Dec 24				
Dec 28				
Jan 1				
Jan 4				
Jan 8				
Jan 12				
Jan 16				
Jan 20				
Jan 24				
Jan 28				
Jan 31				