



**Why do the clocks
go back in autumn?**

Symbol Book





4



A year has 4 seasons.



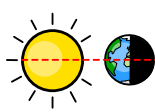
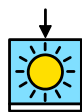
The seasons are spring, summer, autumn and winter.



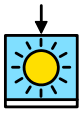
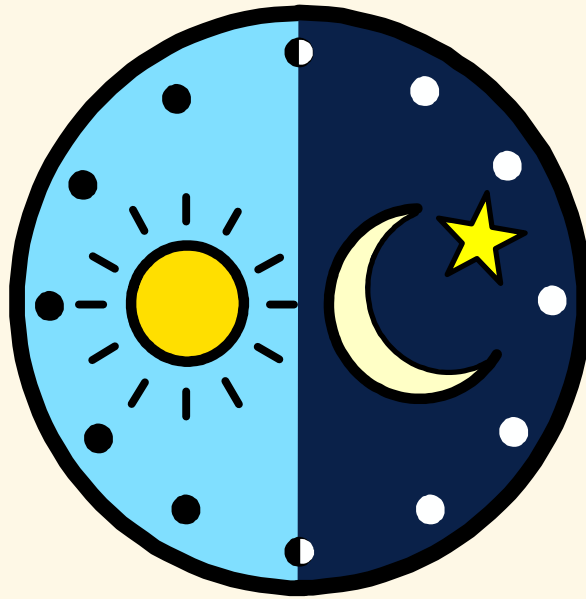
23rd



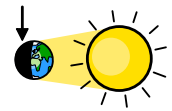
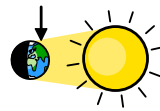
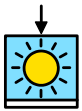
Autumn begins around 23rd September.



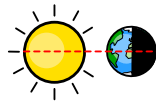
This day is called the autumn equinox.



On this day the day and night are almost the same length.



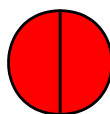
On this day the Earth is not tilted towards the sun or away from it.



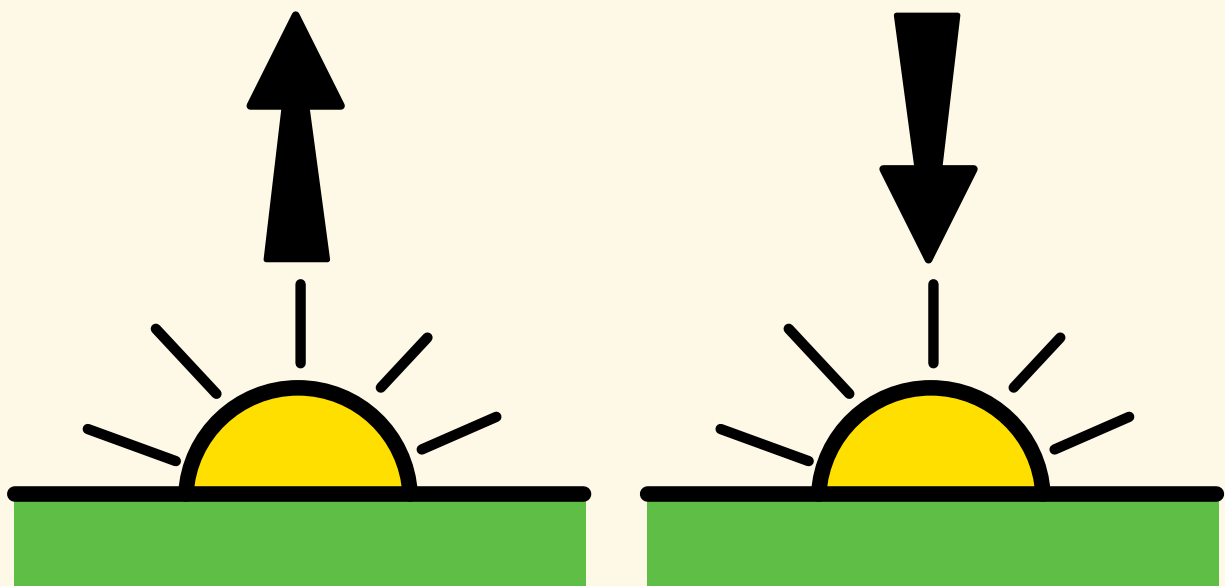
The sun shines directly above the equator.

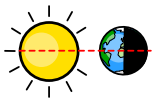


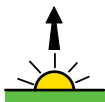
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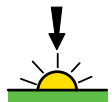


The sun shines equally on both halves of the Earth.

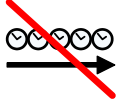




 After the autumn equinox, we experience some changes.

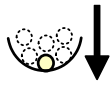
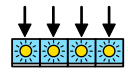


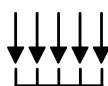
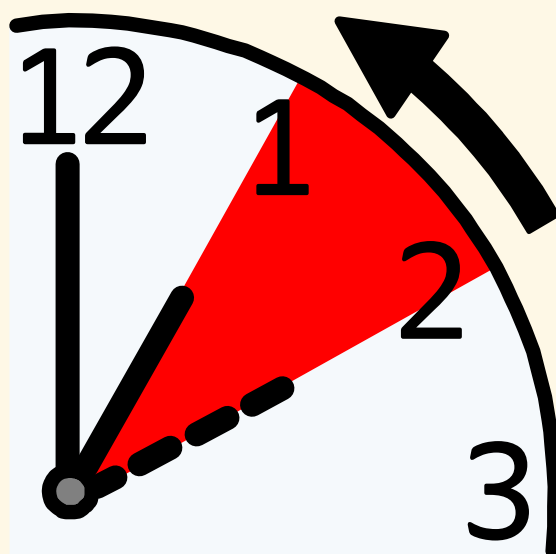
 later and
 

 earlier.

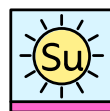


 The days become shorter and
 

 the nights become longer.



 This means we get less daylight
 

 each day.



The clocks go back one hour every autumn.



The clocks go back on the last Sunday in October.



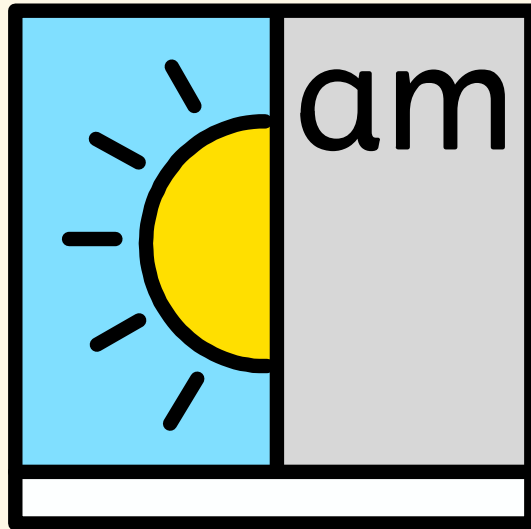
25th



This year the clocks go back on 25th October.



This change is the end of British Summer Time.

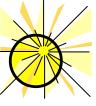
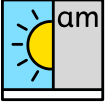
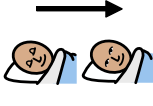




 Changing the clocks means we can enjoy
 
 more
 
 daylight.

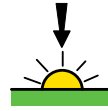
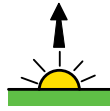


 Changing the clocks gives more
 
 daylight
 
 in the mornings.



 Lighter mornings help people
 
 wake up
 
 more easily.



 It is safer for people travelling
 
 to work
 
 or
 
 school.



At this time of year, the Sun rises later and sets earlier.



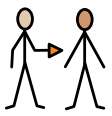
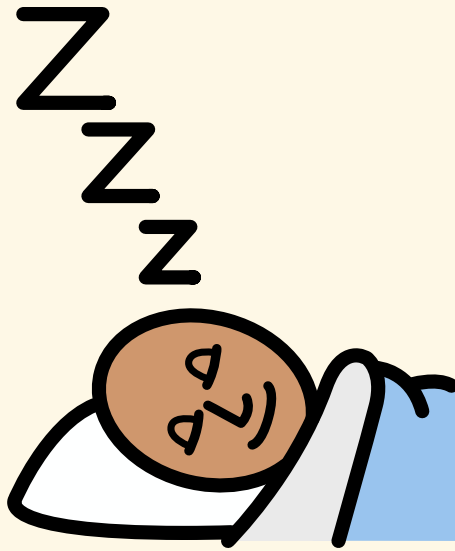
This means it feels darker sooner.



This means the evenings feel longer.



This reminds us that winter is on the way.



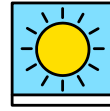
You



do not need



to change anything



in your day.



Only



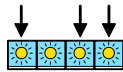
the clocks



change.



We go to sleep



as normal



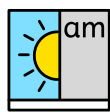
the night



before.



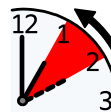
At 2 o'clock



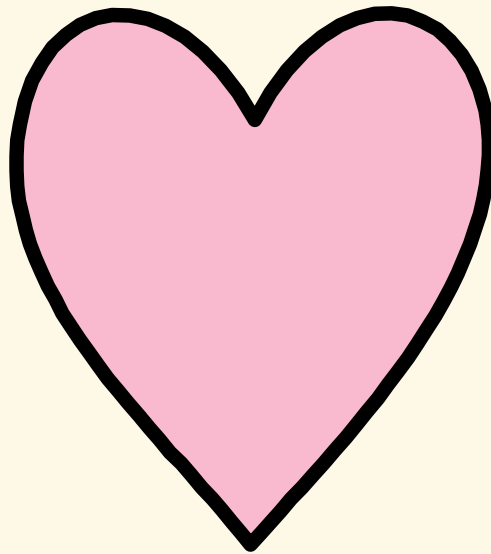
in the morning



the clocks



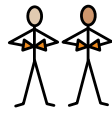
go back 1 hour.



When the clocks



go back,



we get



an extra



hour



in bed.



Lots of people



like



having an extra



hour



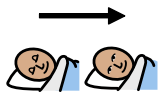
in bed.



We



may



wake up

feeling



more



rested.



This can



help us

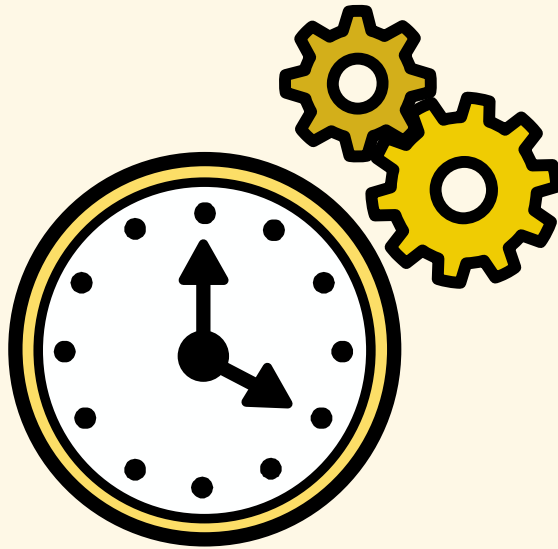


feel alert

and



ready for the day.



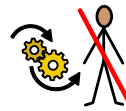
Digital devices usually change the time automatically.



We do not need to change the time on these.



Analogue clocks do not change the time automatically.



We need to change the time on these.





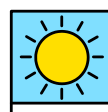
When the clocks go back, it might feel strange.



Our bodies get used to it quickly.



Changing the clocks helps match the time to the daylight.



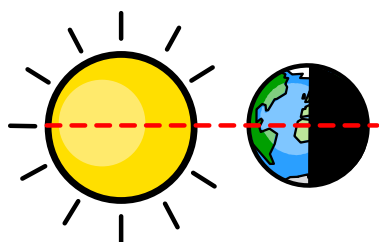
In spring, the clocks go forward again and the days get longer.



autumn



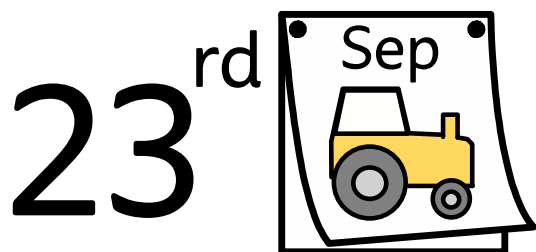
winter



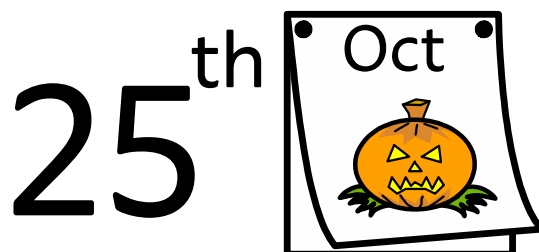
autumn equinox



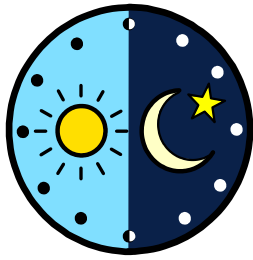
clocks go back



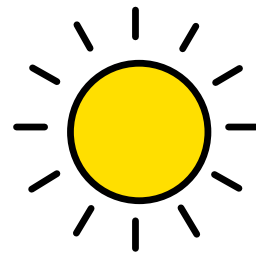
23rd September



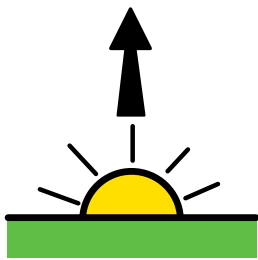
25th October



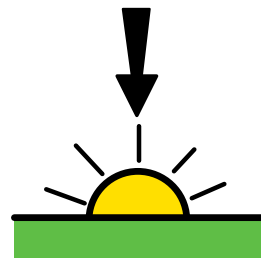
day and night



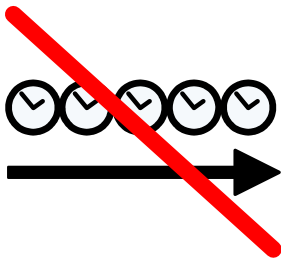
daylight



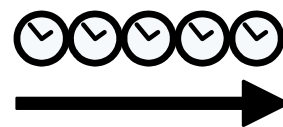
sunrise



sunset



shorter



longer