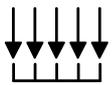




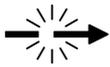
**Why do the clocks
go forward in spring?**

Symbol Book





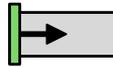
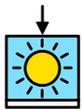
Every spring, the clocks go forward one hour.



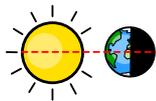
20th



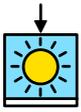
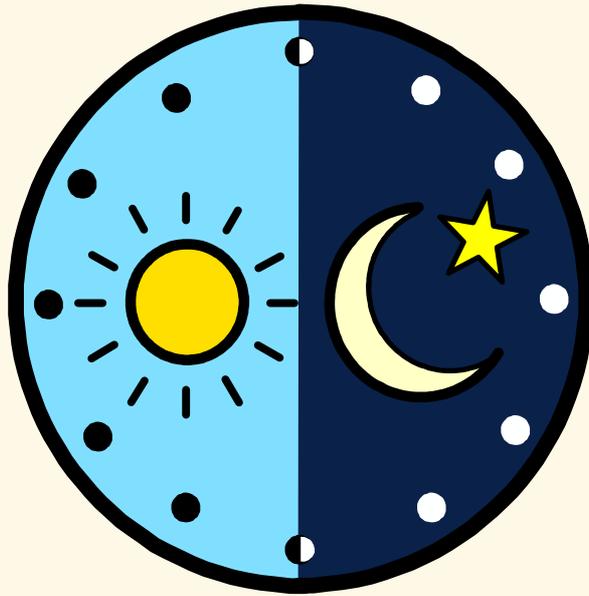
This happens around 20th March.



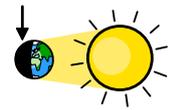
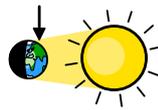
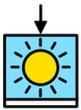
This is the day when spring begins.



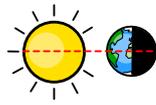
This is called the spring equinox.



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



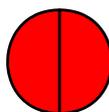
On this day the Earth is not tilted towards the sun or away from it.



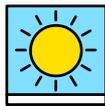
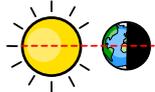
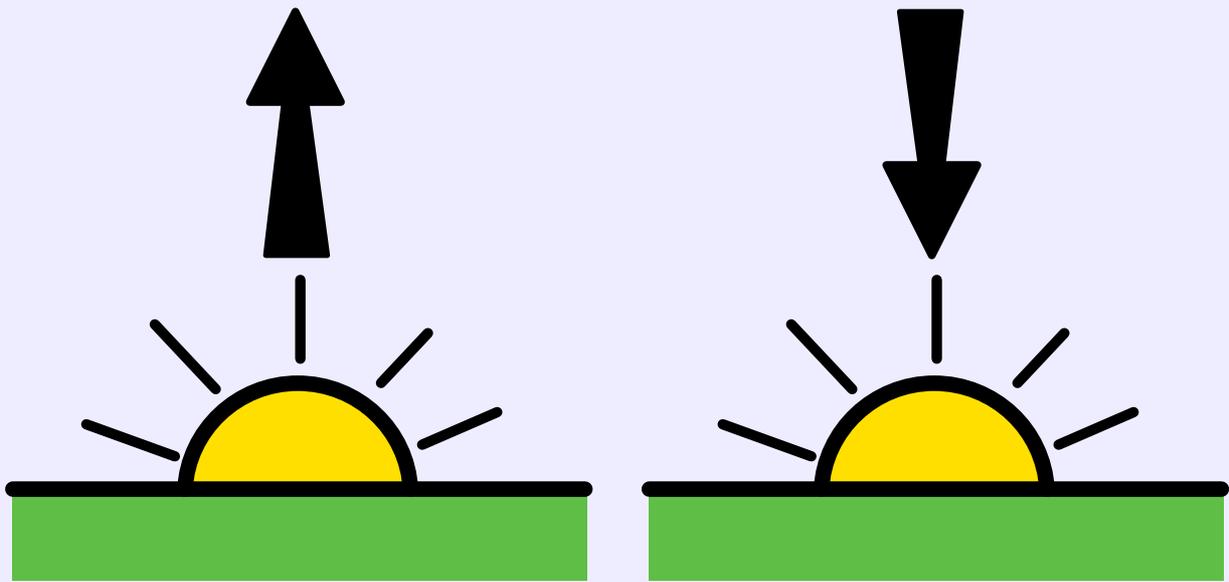
The sun shines directly above the equator.



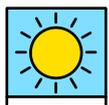
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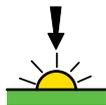
The sun shines equally on both halves of the Earth.



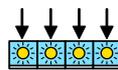
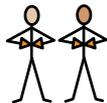
After the spring equinox, the days become longer.



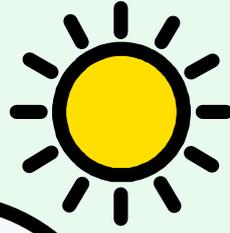
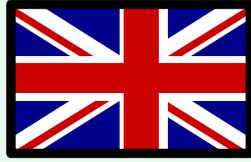
The days become brighter.



The Sun rises earlier and sets later.



This means we get more daylight each day.



When the clocks go forward, we lose one hour of sleep that night.



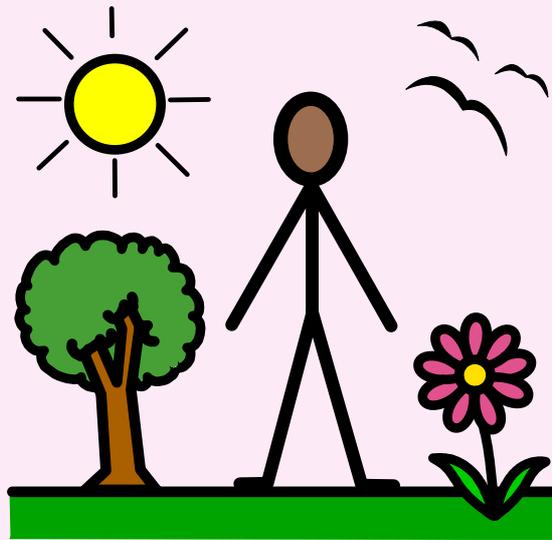
This change is called British Summer Time.



We change the clocks so we can enjoy more daylight.



This can help us to feel happy.



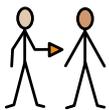
++  → ++  
More daylight gives us more time to be outside.

 ++  
We can enjoy more daylight after school.

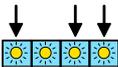
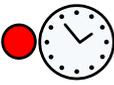
  →  
We can spend longer playing outside.

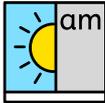
  ↓ 
It can help us save energy too.

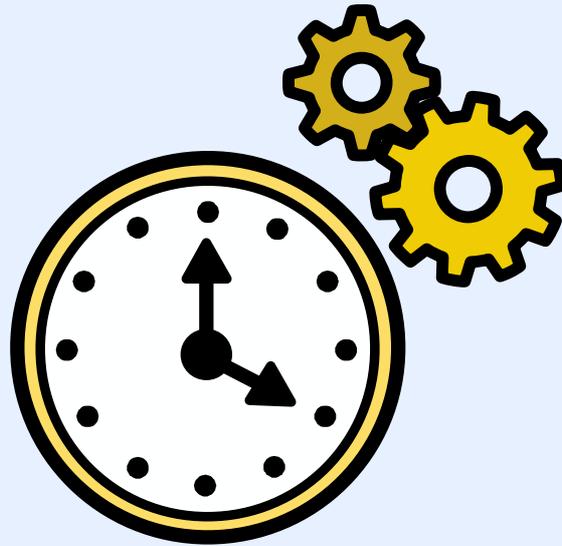


 You  do not  need  to change anything  in your  day.

 Only  the clocks  change.

 We go to sleep  as normal  the night  before.

 At 1 o'clock  in the morning  the clocks go forward  1 hour.



Digital devices usually change the time automatically.



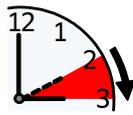
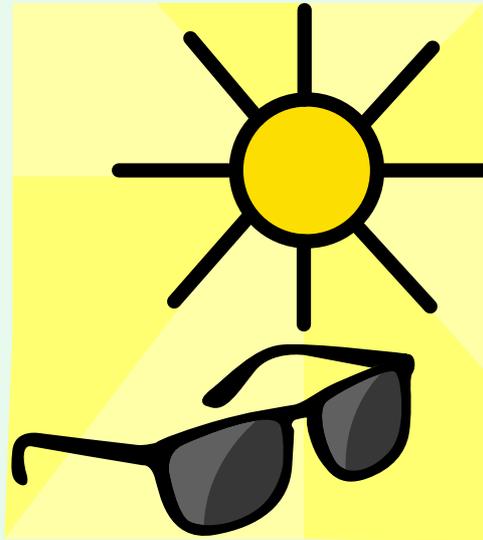
We do not need to change the time on these.



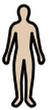
Analogue clocks do not change the time automatically.



We need to change the time on these.



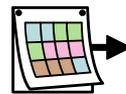
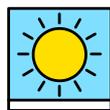
When the clocks go forward, it might feel strange.



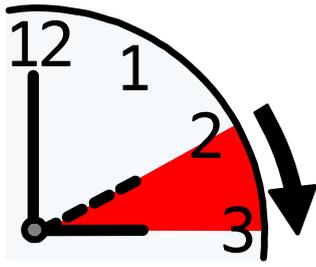
Our bodies get used to it quickly.



Changing the clocks helps match the time to the daylight.



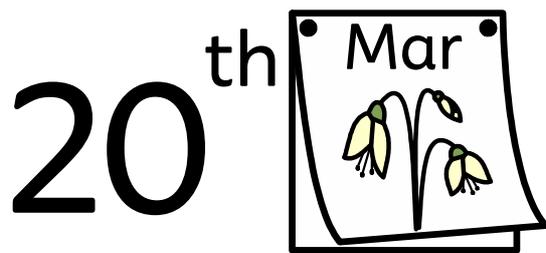
It reminds us that brighter days are coming.



clocks
go forward



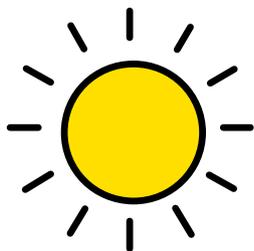
1 hour



20th March



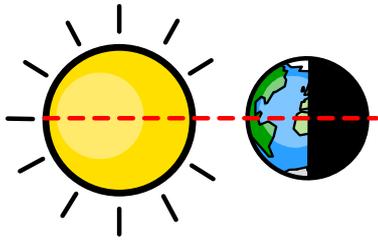
spring



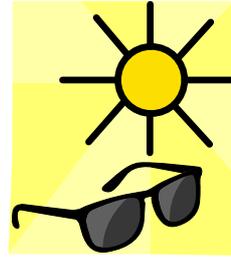
Sun



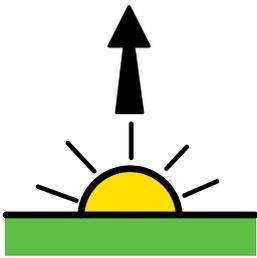
Earth



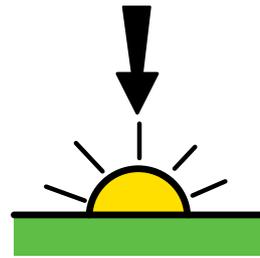
spring equinox



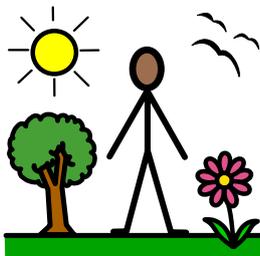
bright



sunrise



sunset



outside



happy