

## Another day comes to an end.

Just before sunset, find a comfortable place at John Jay Homestead (or in your own backyard) away from bright lights.

Sit quietly and be patient. Watch as the sun sets. Look in all directions. Pay attention to sounds, smells, and how you feel. During this time of day, many changes are taking place. If we slow down and watch, we may see something that we've never noticed before!

On the right side of this page is a list of things that you might notice changing around you. Mark each event as it happens: 1,2,3... on the line in front of each sentence.

Remember—the important thing is to enjoy the sunset!