

Time Of the Day Fun Facts

- 1. SUN IS THE CENTER OF OUR UNIVERSE**
- 2. EARTH REVOLVES AROUND THE SUN, MOON REVOLVES AROUND THE EARTH**
- 3. DAY, NIGHT, MORNING, EVENING, AFTERNOON ALL ARE CAUSED BY EARTH'S ROTATION ON ITS AXIS**
- 4. SUN GENERATES LOTS OF ENERGY BY COMBINING HYDROGEN NUCLEI INTO HELIUM WHICH IS CALLED NUCLEAR FUSION**
- 5. LIGHT FROM SUN REACHES US ON EARTH IN AROUND 8 MINUTES**
- 6. SUNLIGHT OR SUNSHINE HELPS PRODUCTION OF VITAMIN D IN OUR BODIES TO MAKE OUR BONES STRONGER**
- 7. IN MORNING AND AFTERNOON TILL SUNSET THE SUNSHINE HELPS PLANTS TO PRODUCE OXYGEN FOR A CLEAN AIR TO BREATHE**
- 8. BEST TIME TO EXERCISE IS IN MORNING**
- 9. BREAKFAST IS THE MOST IMPORTANT MEAL OF THE DAY. EAT BREAKFAST LIKE A KING IN THE MORNING, LUNCH LIKE A PRINCE IN THE AFTERNOON, AND DINNER LIKE A PAUPER IN THE EVENING**
- 10. A GIRAFFE ONLY NEEDS 1.9 HOURS OF SLEEP A DAY, WHEREAS A BROWN BAT NEEDS 19.9 HOURS A DAY AND A HUMAN NEED ABOUT 7 TO 16 HOURS SLEEP IN A DAY DEPENDING IF YOU ARE AN ADULT OR A BABY. BABIES NEED MORE SLEEP.**
- 11. WE HAVE 24 HOURS IN A DAY.**
- 12. 24 HOURS ARE DIVIDED IN 12 HOURS OF DAY TIME AND 12 HOURS OF NIGHT TIME.**
- 13. WHAT TIME IS IT? CHECK THE CLOCK? COME BACK TO LEARN HOW TO SEE THE TIME IN A CLOCK**