



THE NIGHT SKY: FULL MOON HIKE

Here are some ideas of things to do on a night hike under the full moon

- **DID YOU KNOW DIFFERENT FULL MOONS HAVE DIFFERENT NAMES?**

Check out this great resource to learn the names for the full moon during each month: <https://earthsky.org/astronomy-essentials/full-moon-names>

- **CONSTELLATIONS & PLANETS TO LOOK FOR:**

This website will help you plan out what you might see in the night sky: <https://nightsky.jpl.nasa.gov/planner.cfm>

- **ACTIVITIES TO DO ON A NIGHT HIKE:**

- Use your hands and cup behind your ears palms facing forward, pretending your hands are like deer ears. Notice the difference in your hearing. Do you hear better? Take a moment and listen to your surroundings, what do you hear?
- Test your night vision! Take with you on your night hike a handful of crayons or different colors of paper. Once you have been outside in the dark for awhile, take these out and see if you can tell what colors they are without the aid of a flashlight. Our eyes have rods and cones, cones help us see color while the rods help us see in the dark. Nocturnal animals mostly have rods, which helps them see better at night, but makes them mostly color blind.
- Using wintergreen lifesavers or altoids, place in your mouth and crunch with your mouth open so your partner can witness what happens. They should spark! (I like to call them moon rocks) The spark is a safe and natural chemical reaction called triboluminescence and is a result of fracturing sugar crystals.