



Daylight Saving Time Unit Study



Subjects:

Reading, History, Geography, Math,
Following Directions



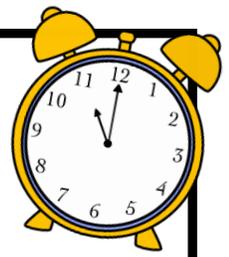


Table of Contents

Thank you for downloading the Daylight Saving Time Unit Study! It works best for 3rd-5th graders, but parts of it can also be used with younger children or middle schoolers. The study takes one to two days depending on your kids' attention spans and how many of the activities you choose to complete.

- Pages 3-5:** **Guided Notebooking Pages:** Read through the slides on WebExhibits.org and fill-in the notes as you read. Answer key on pages 6-8.
- Pages 9-10:** **Following Directions Activity:** Learn about time zones and practice 'changing the clocks.'
- Pages 11-12:** **Should We Change Daylight Saving Time? Writing Prompt:** Form an opinion, then organize your thoughts with a graphic organizer before writing a persuasive essay.

Check out the post [Daylight Saving Time Unit Study](#) for videos, websites and games!

Credits





Daylight Saving Time



Read through the eight slides on WebExhibits.org and fill-in these notes as you read. You may want to do this as a read aloud or have students read independently.

1 The purpose of Daylight Saving Time (DST) is _____
_____.

In the spring, we _____
_____ to begin Daylight Saving Time.

Who 'conceived' the idea of Daylight Saving Time? _____
*Note: Someone else is actually credited with 'inventing' DST. Can you find out who? _____

2 When do we change our clocks to begin Daylight Saving Time? (This will vary based upon where you live.)

When do we change our clocks back to standard time?

We use the phrase _____ Forward, _____ Back to remind ourselves how to change the clock in each season.

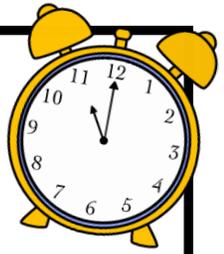
When DST begins, we move one hour of sunlight from the _____ to the _____.

Where in the United States is DST not observed? _____

What should you change in your home at the same time you change your clocks? _____

Daylight Saving Time

Page 2



3 Pick the incident or anecdote you find most interesting and summarize it below. Having trouble deciding? Roll two (or three) dice, pick that number anecdote, read it and summarize it.

4 DST is most helpful closer to the _____ and least helpful near the _____.

It appears the primary reason for DST is _____.

There is also a small, but significant decrease in _____ during DST. Although, this may not occur everywhere.

In regards to cars, studies show that _____ go down during DST, but that _____ go up.

5 Some people don't like DST because _____ and _____.

Evidence shows _____ goes up and _____ goes down.



Daylight Saving Time

Page 3



Three groups that really do not like DST are _____,
_____, and _____.

6 What country first adopted standard time? _____
When? _____ Why? _____

When was standard time adopted in the United States by the railroad?

Before people adopted standard time, they used _____ time.

7 The first two countries to adopt Daylight Saving Time were _____
and _____.

It was formally adopted in the United States in _____.
However, it was then _____ by _____.

It came back during _____ and was called
“_____ Time”.

Several laws have been passed since then, with the most recent one being the
Energy Policy Act of _____, which went into effect in _____.

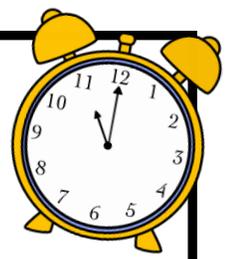
8 Choose one country and write down what their policy is about DST.
Country: _____
Policy: _____

Write down three countries that have never had DST: _____

Write down three countries that used to have DST: _____



Daylight Saving Time



Read through the eight slides on WebExhibits.org and fill-in these notes as you read. You may want to do this as a read aloud or have students read independently.

1 The purpose of Daylight Saving Time (DST) is **the opportunity to enjoy more hours of sunlight in the summer evenings.**

In the spring, we **move our clocks an hour forward to begin Daylight Saving Time.**

Who 'conceived' the idea of Daylight Saving Time? **Ben Franklin.**

*Note: Someone else is actually credited with 'inventing' DST. Can you find out who? **George Hudson**

2 When do we change our clocks to begin Daylight Saving Time? (This will vary based upon where you live.)

In the US, we change clocks at 2:00 am on the second Sunday in March.

In the EU, DST begins the last Sunday in March.

When do we change our clocks back to standard time?

In the US, we change back to standard time at 2:00 am on the first Sunday in November. In the EU, DST ends on the last Sunday in October.

We use the phrase **Spring Forward, Fall Back** to remind ourselves how to change the clock in each season.

When DST begins, we move one hour of sunlight from the **morning to the evening.**

Where in the United States is DST not observed? **Hawaii and Arizona, as well as the territories of American Samoa, Guam, Puerto Rico, the Virgin Islands, and the Northern Mariana Islands.**

What should you change in your home at the same time you change your clocks? **Batteries in your smoke detectors.**



Daylight Saving Time

Page 2



3 Pick the incident or anecdote you find most interesting and summarize it below. Having trouble deciding? Roll two (or three) dice, pick that number anecdote, read it and summarize it.

Answers will vary.

4 DST is most helpful closer to the poles and least helpful near the equator.

It appears the primary reason for DST is for people to enjoy more daylight in the evenings in the summer.

There is also a small, but significant decrease in energy use during DST. Although, this may not occur everywhere.

In regards to cars, studies show that car accidents go down during DST, but that pedestrian fatalities go up.

5 Some people don't like DST because they don't want to change all their clocks and it is disruptive to their sleep.

Evidence shows the severity of auto accidents goes up and work productivity goes down as people adjust to the time change.



Daylight Saving Time

Page 3



Three groups that really do not like DST are **farmers, parents, and Orthodox Jews.**

- 6 What country first adopted standard time? **Britain**
When? **1840-1880** Why? **To help the railroad schedules to run smoothly.**
- When was standard time adopted in the United States by the railroad? **1883**
- Before people adopted standard time, they used **solar** time.

- 7 The first two countries to adopt Daylight Saving Time were **Germany** and **Austria.**
- It was formally adopted in the United States in **1918.** However, it was then **vetoed or repealed** by **President Wilson.**
- It came back during **World War II** and was called **“War Time”.**
- Several laws have been passed since then, with the most recent one being the Energy Policy Act of **2005,** which went into effect in **2007.**

- 8 Choose one country and write down what their policy is about DST.
Country: **Answers will vary**
Policy: **Answers will vary**
- Write down three countries that have never had DST: **Answers will vary and can be found on the map at the top of the page.**
- Write down three countries that used to have DST: **Answers will vary and can be found on the map at the top of the page.**



Daylight Saving Time Following Directions



Print one copy of the map on the next page for each child and then read the directions below to them. They will need crayons or colored pencils. Feel free to repeat directions and/or break them up into parts so your children can understand them. Answers are provided at the end.

1. We are going to learn a little bit about the time zones and Daylight Saving Time in the United States. Start by coloring the Central Time Zone green and writing 7:00 in the middle of it.
2. Now color the time zone to the east of the Central Time Zone blue, add one hour to 7:00 and write the new time in the middle of this time zone.
3. Now color the time zone directly to the west of the Central Time Zone orange, subtract one hour from 7:00 and write the new time in this time zone.
4. Color the Pacific Time Zone yellow, subtract one hour from the time in the Mountain Time Zone, and write the new time in the Pacific Time Zone.
5. Travel north to the Alaskan Time Zone and color Alaska gray. Subtract one hour from the time in the Pacific Time Zone and write the new time on Alaska.
6. Finally, find the Hawaiian islands in the bottom, left corner and color them pink. Subtract one hour from the time in Alaska and write the new time below the Hawaiian islands.
7. Now, we are going to pretend it is the second Sunday in March, which means we had to 'Spring Ahead' and the time has changed in most of the time zones. Add one hour to the times in the Eastern, Central, and Pacific Time Zones and write these new times below each of the previous times. Cross out the previous times.
8. Write the time in the Mountain Time Zone on the state of Arizona and circle Arizona in red. Arizona does not follow Daylight Saving Time.
9. Add one hour to the time you had written in the Mountain Time Zone and write it below the previous time. Cross out the previous time.
10. Now, add one hour to the time you had written in the Alaskan Time Zone and write it below the previous time. Cross out the previous time.
11. Draw a red circle around Hawaii because they do not change their clocks to follow Daylight Saving Time either.
12. Finally, draw a blue star next to the two times that are now the same.

Now let's see if you have all your times correct! The Alaskan Time Zone should now say 5:00. The Pacific Time Zone and Arizona should say 6:00. This is where your blue stars should be. The Hawaiian-Aleutian Time Zone should say 3:00. The Mountain Time Zone: 7:00, Central Time Zone: 8:00 and Eastern Time Zone: 9:00. Good work!

Daylight Saving Time Following Directions



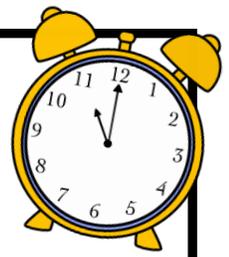
Pacific Standard Time

Mountain Standard Time

Central Standard Time

Eastern Standard Time





Should We Change Daylight Saving Time? Graphic Organizer

Organize your thoughts for your essay here:

Opinion (Sentence starter ideas: 'In my opinion', 'I believe', 'I prefer', etc.)

Three Reasons These three reasons will give your readers the 'why' of your opinion. (Sentence starter ideas: 'To start with', 'Another reason', 'Most importantly', etc.)

1.

2.

3.

Closing Sentence (Sentence starter ideas: 'In conclusion', 'As you can see', 'Now you will agree')

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