

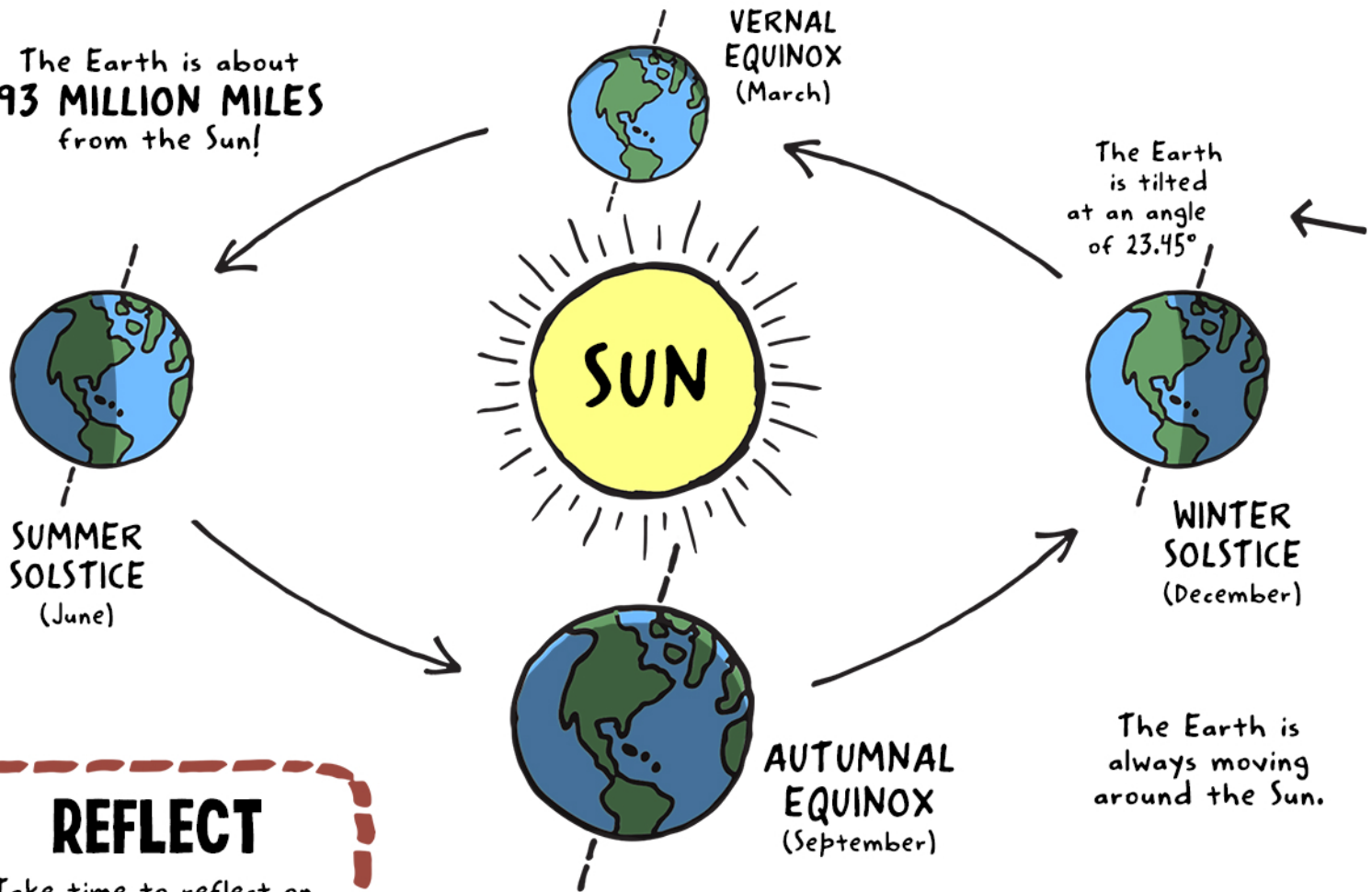
THE AUTUMNAL EQUINOX

WHAT IS IT?

For those of us living in the Northern hemisphere, the autumnal equinox marks the start of the fall season.

At this time of the year, the daytime & nighttime are about the same length.

The Earth is about **93 MILLION MILES** from the Sun!



REFLECT

Take time to reflect on the seasonal patterns of our natural world.

Observe the location of the sun in the sky, and how the darker days affect plants, animals, and us.

NOTICE

Take a walk and notice the changes happening outdoors. Observe the location of the sun in the sky above. Pause and notice animal behavior as well as how plants and trees are changing.

CELEBRATE

Fall is a time of harvest and abundance. Celebrate the bounty of this season and practice gratitude for all that nature provides.