



Live Your Why – Afterschool Edition

Go outside when it's dark and clear and look at the night sky.



Use this guide for tips:

Scan this:



amnh.org/explore/ology/astronomy/a-kid-s-guide-to-stargazing

Where would be a good place to go in warmer weather to lie down and look at the night sky?



A Program of the Lamoille Family Center

Looking for other ideas to help plan your afternoon? Visit us at www.healthylamoillevalley.org/liveyourwhy