



# LIVE YOUR WHY

## Afterschool Edition



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

Use this guide to learn more stargazing:

Scan this:



[solarsystem.nasa.gov/whats-up-skywatching-tips-from-nasa](https://solarsystem.nasa.gov/whats-up-skywatching-tips-from-nasa)



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](http://www.healthylamoillevalley.org/liveyourwhy)