



CONSTELLATION EXPLORATION

Time taken: 30 - 45 minutes

Materials needed: A starry sky and creativity

Social and Emotional Learning (SEL) skills practiced: Relationship skills, social awareness, night sky knowledge

Steps:

- Invite your kids or community into a device free space to start thinking about the night sky through discussion. Encourage them to 'forget' everything they know about stars and look at the night sky as a canvas of mysterious little points of light. Here are some guiding questions:
 - » Did you know that people have been using the night sky as a source for entertainment for thousands of years?
 - » Storytelling is one of the oldest forms of entertainment. How do we tell stories nowadays? How does that compare with how people would have created and told stories before our modern technology?
- Provide some time to just look around at the sky. What do they notice? How does a starry night make them feel?
- Remind your kids or community that people throughout history have been clustering stars together in constellations and using those shapes to tell stories. Stories about love, war, creation, friendship, spirituality, and morals can all be illustrated through characters found among the stars. Give them at least 20 minutes to come up with their own constellations and star stories associated with those constellations.
- Go around and give each person a chance to point out their constellation and tell a story about it.

Wrap up and Discussion questions:

- How did it feel to tell your very own story?
- Why is it important to be connected to the stars?
- How did it feel to be part of a storytelling tradition going back thousands of years?
- Describe your experience of providing entertainment to a group of people without using technology

Extension (additional materials needed: a star chart ([here is an online interactive star chart](#)), a green laser star-pointer (optional), a journal)

- Grab a journal and write down the story of your constellation and draw the characters involved
- Ask your kids or community if there are any constellations that they have heard about before? Use the star chart to explore the constellations that are currently in the night sky!
- The Dark Skies movement is sweeping the nation as ecologists are studying the effects of light pollution on plants and animals. Check out [this resource](#) to learn more about Dark Sky Ecology

Constellation Exploration and story-telling is an essential part of a Social and Emotional Learning (SEL) curriculum. Encourage your kids to discuss and reflect, and share it with us on [Facebook](#), [Instagram](#) using @cfimoab and #coyotescorner, or by email education@cfimoab.org.

Happy distancing,

Canyonlands Field Institute

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