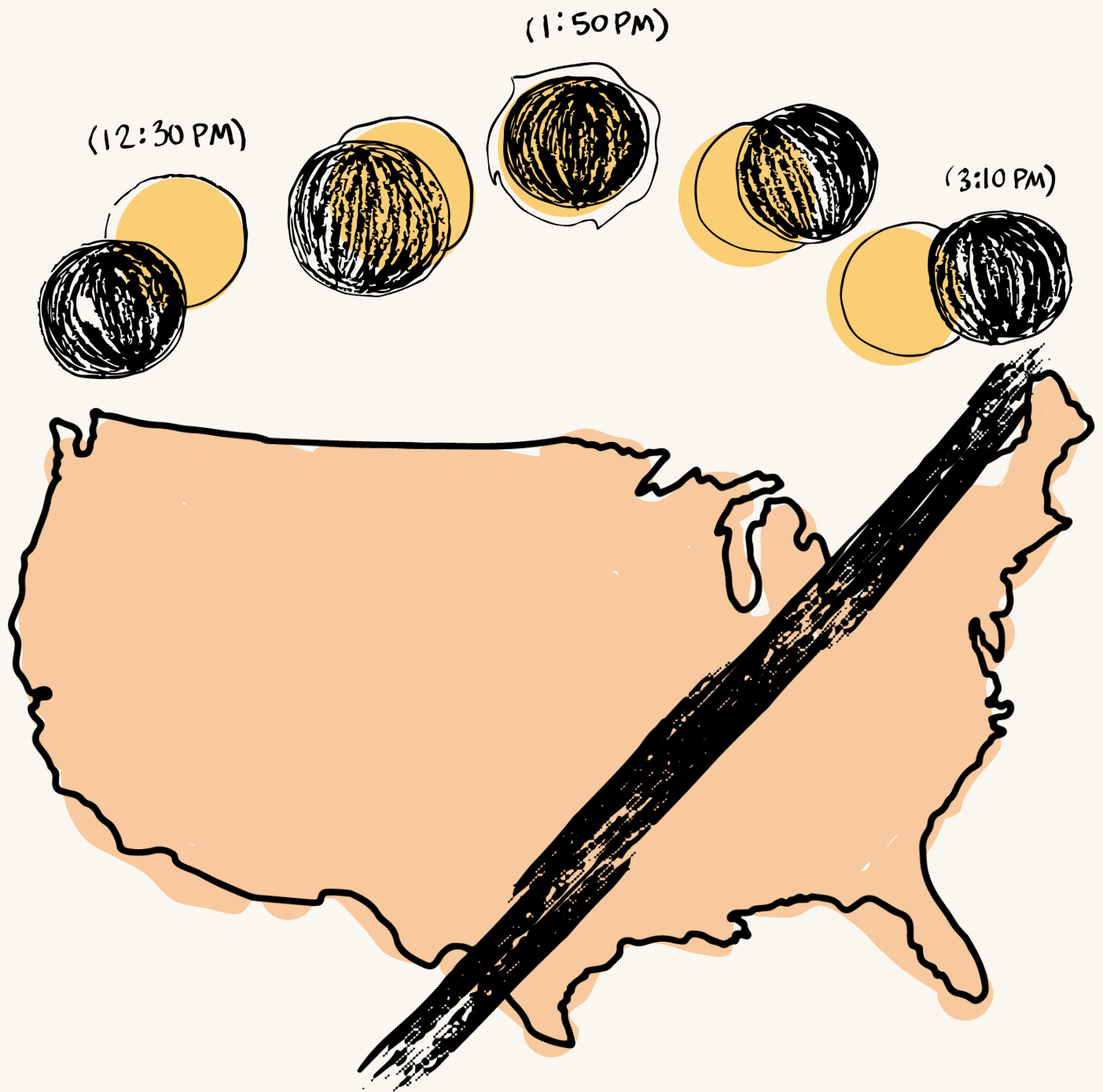
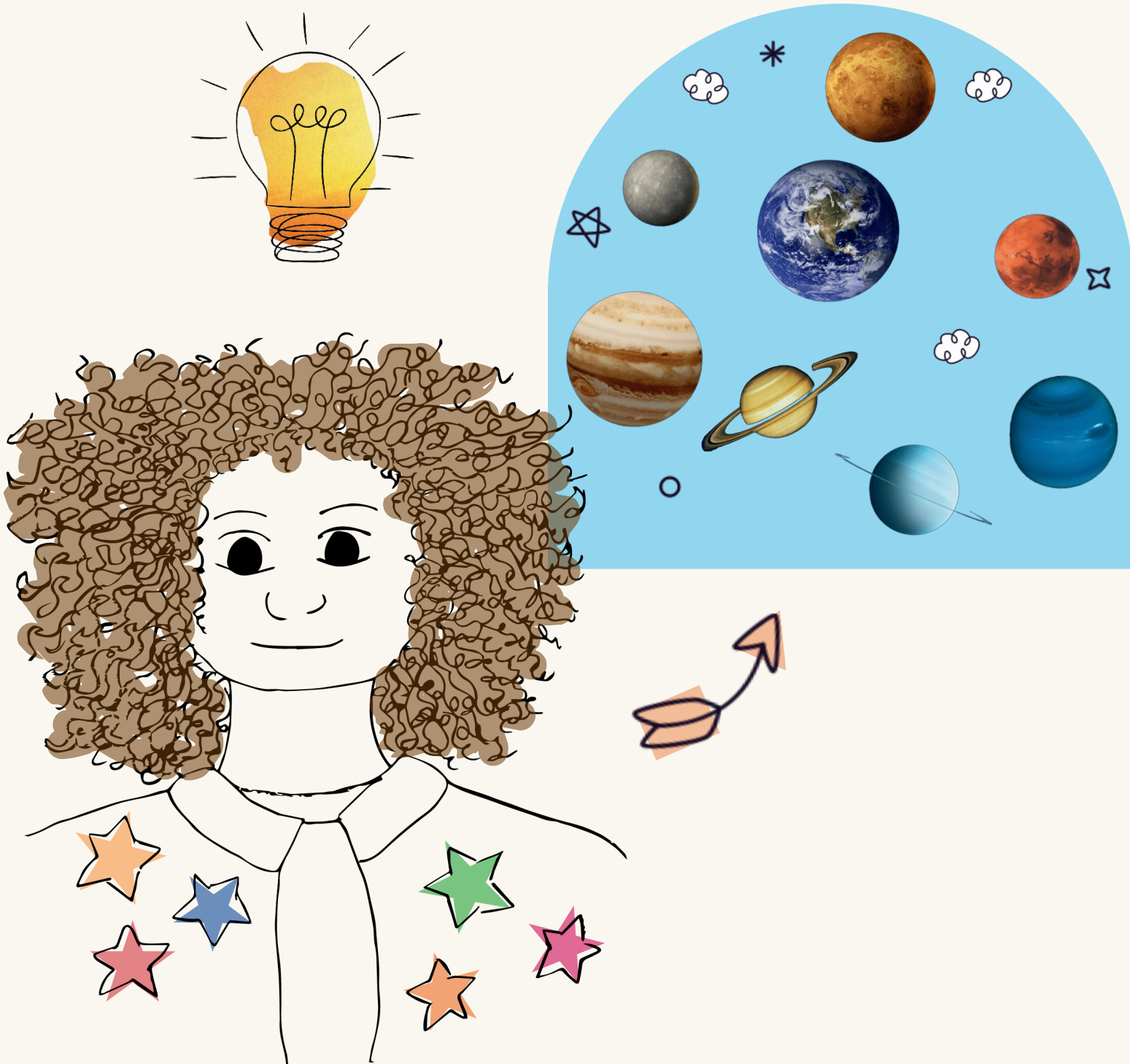


The Total Solar Eclipse Social Story



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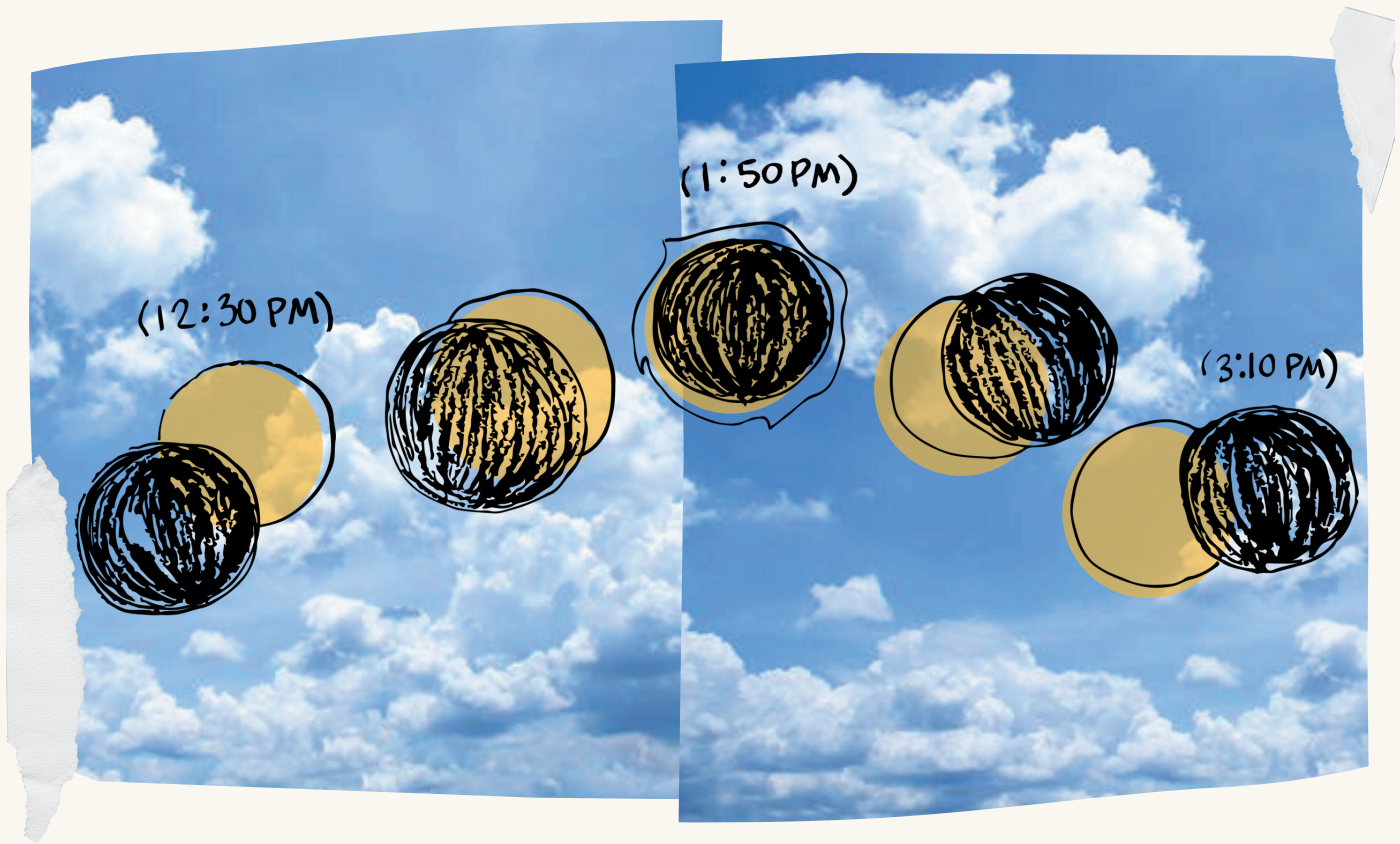


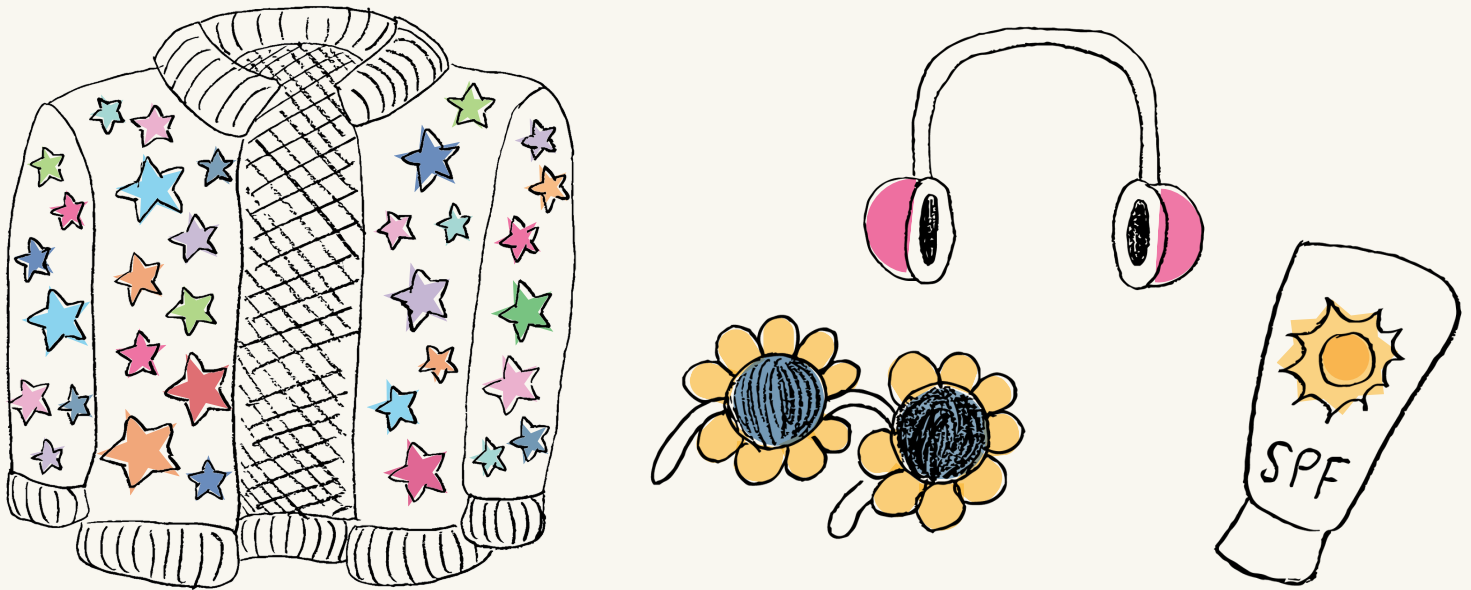
This is Rachel. She is 9 years old and loves learning about space. She is going to experience the eclipse today. Rachel knows this event will cause some disruption in her normal routine and practices some of her coping skills to help regulate her feelings.

Today is the day of the total solar eclipse and it starts at 12:30 PM. But the Sun will not be completely covered by the Moon until 1:50 PM. During a solar eclipse, the Moon passes between the Sun and the Earth. We see the Moon's shadow surrounded by a small ring of light from the Sun. Then after a few minutes, the Moon moves to the side, and more light shines from the Sun.

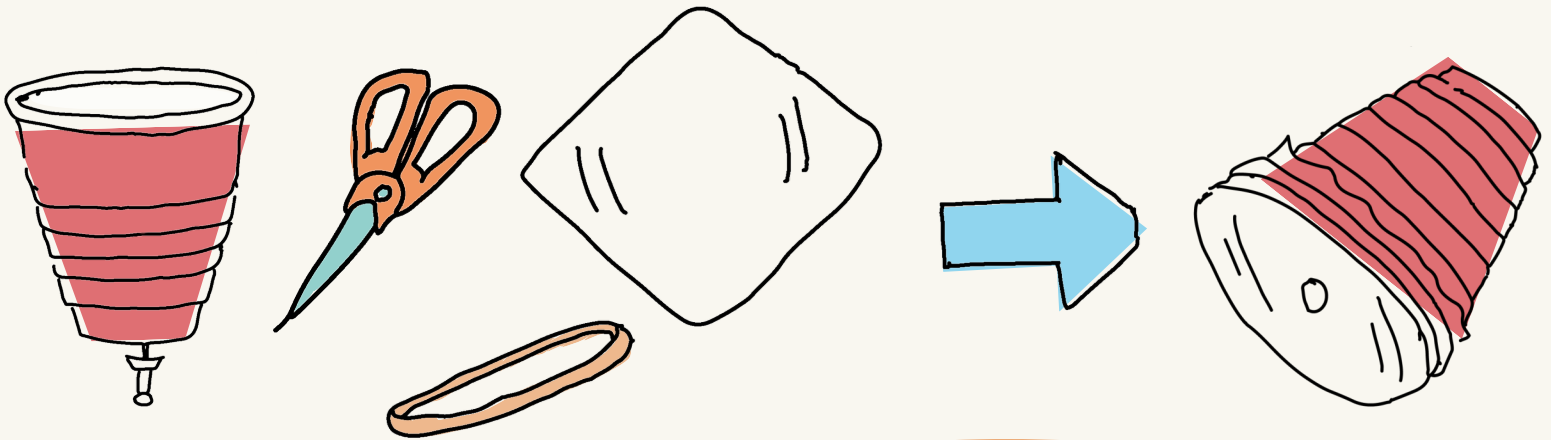


Rachel lives in Little Rock, Arkansas. There are going to be a lot more people in the city than usual today to watch the eclipse, because it is one of the few cities that will experience a total solar eclipse. Rachel knows that she might hear more noise, such as cars honking, cheering, and clapping, so she grabs her noise-canceling headphones to help her feel calmer if it gets too loud.

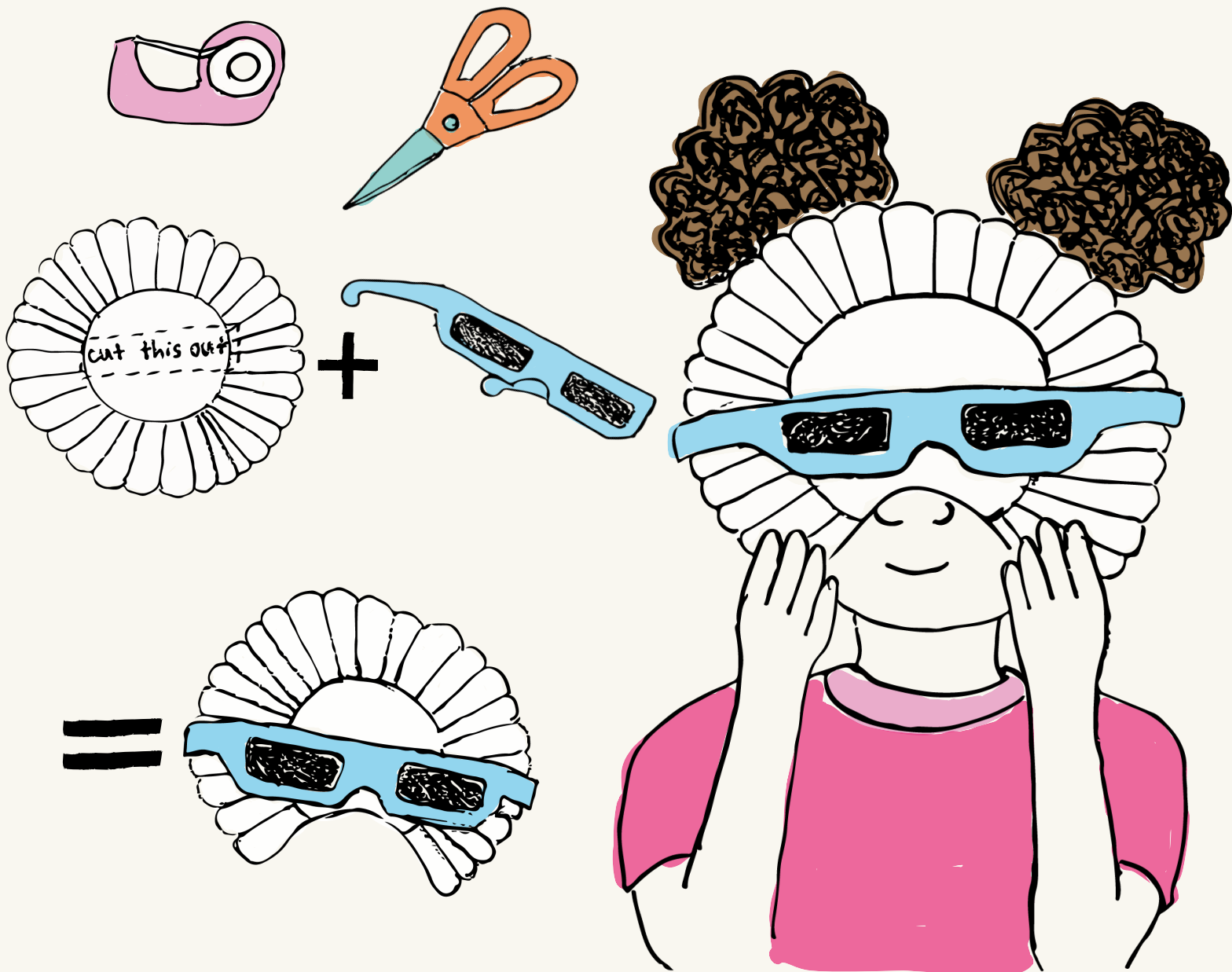




Rachel and her family are going to watch the eclipse from their neighborhood with friends because her school is closed for the day. She is going to wear a special type of glasses to protect her eyes, sunscreen to prevent sunburn, and bring a jacket in case she gets cold.

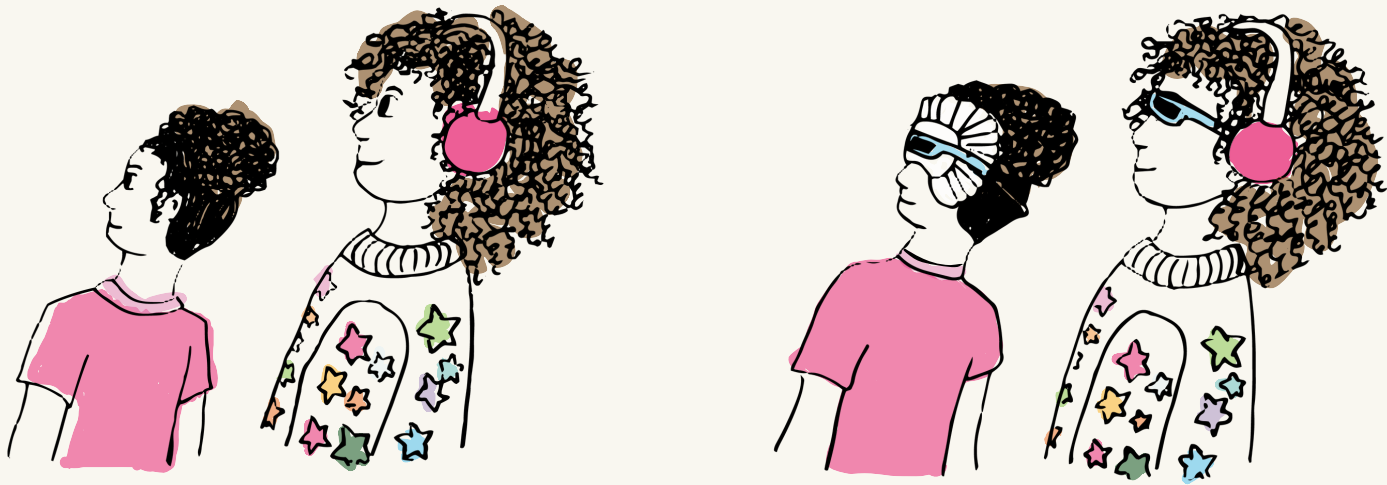


While they wait in anticipation of the eclipse, her family makes pinhole viewers to observe the interesting shadows made during the eclipse.



Because looking directly at the sun can damage their eyes, Rachel and her family will wear special solar eclipse glasses. Because the glasses are too big for Rachel's little sister Sam, they work together to craft a way to make the glasses fit. As the Moon gets closer to the Sun, Rachel and Sam will wear their eclipse glasses to look up at the sky. They will only watch the Sun for one minute at a time because it is still super bright, because Rachel's and Sam's family want to keep their eyes safe.

Rachel's family can take their glasses off when the Moon completely covers the Sun, and it will look like there is a diamond shape of light at the edge of the Moon. This is called "totality." Rachel will wait until her dad tells her it is safe to remove her glasses. Because the Sun will be covered, the sky will be dark, and the air will be colder. Rachel can hear people excitedly talking, cheering, and clapping. She is glad she brought her jacket to stay warm and her headphones to block out loud noises. The eclipse is in totality for about 2½ minutes. Once the Sun begins to reappear, it is time to put the eclipse glasses back on!



For people who live in Arkansas, a total solar eclipse is exciting because it does not happen often. The last time a total solar eclipse occurred in the state was 1918, more than 100 years ago. However, the next total solar eclipse in Arkansas will occur in 2045, 21 years from now! Rachel is glad she was able to experience such an exciting event with her family and friends.

Eclipse Viewing Dos:

- Wear approved Model ISO 12312-2 glasses when looking at the solar eclipse. Even with glasses, do not look at the eclipse for more than three minutes at a time. Take short breaks by looking ahead or at the ground.
- Apply sunscreen before going outside to view the eclipse.
- Ensure eclipse glasses fit and are wearable several days before the eclipse. If the glasses are too big, make an alternate holder for a better fit.
- For young children, hold an umbrella over their heads to ensure they are not watching the eclipse without proper protection.
- Remove glasses when the Moon is completely covering the Sun; it will occur for about 2½ minutes (depending on location) – don't miss it!
- Put eclipse glasses back on when the Sun is no longer completely covered.

Eclipse Viewing Do Nots:

- Wear ordinary sunglasses or homemade filters when viewing the eclipse.
- Use a camera or telescope to document the eclipse without talking to an expert first.
- Stare directly at the Sun with no eye protection.

**For more Solar
Eclipse Resources,
visit**

