

Solstice Activities

Flower Wreath Summer solstice celebrations in Scandinavia, traced back to pre-Christian times, mark the shortest night of the year. Homemade flower wreaths are one of the most popular symbols of Midsummer, worn by both boys and girls. Make [flower wreaths](#) with your residents.



Sun Art Creating sun art is a wonderful way to celebrate the longest day of the year. Use natural objects like tree nuts, leaves, grasses, rocks, and flowers to create your design using special [sun art paper](#).



Sunflowers Sunflowers are a beautiful and spectacular addition to your outdoor space. Choose large flowers with edible seeds you can enjoy at the end of the season. [How to grow sunflowers](#).

Stonehenge Many people visit Stonehenge to celebrate the solstice. Learn more about Stonehenge, the prehistoric temple aligned with the movements of the sun. [Stonehenge History](#)



Sun Tea A great way to make some tea without heating up the kitchen is to make tea using the sun. [Sun Tea recipe](#)

Solar Eclipse Check the calendar for the next solar eclipse in your area and plan to view it with your residents. Looking directly at the sun can cause damage to the eye, so be sure to safely view the eclipse using a pinhole camera. Follow these directions to make a simple [pinhole camera](#).



Buddy Read Invite young people to join your residents for a Buddy Read. Choose books and stories related to summer and the solstice. Some possible choices are *Summer Sun Risin'*, *To be like the Sun*, *Mermaid Dance*, *Little Night*, *When the Sun Rose*, *Summer Days and Nights*.

Sun Music Put together a play list on an iPod or invite a musician to come to your community. Choose popular music related to the sun. Some suggestions include the following:

- “Here Comes the Sun”- The Beatles
- “Don’t Let the Sun Go Down on Me”- Elton John
- “Walking on Sunshine”- Katrina and the Waves
- “You are the Sunshine of My Life”- Stevie Wonder
- “Ain’t No Sunshine”- Bill Withers
- “Sunny Afternoon”- The Kinks
- “Sun is Shining”- Bob Marley
- “Sunshine of Your Love”-Cream
- “Warmth of the Sun”- The Beach Boys
- “Sunshine on My Shoulders”- John Denver.

