

Why do we change clocks twice a year?



Have You Ever Wondered...

Why do we change the clocks twice a year?

Why do we have Daylight Saving Time?

Is Daylight Saving Time observed in the same way around the world?

Every year, something interesting happens with time! In March, when it's still dark in the morning, we magically move our clocks forward by one hour. Then, in November, we do another magic trick and turn the clocks back to normal time. This is called Daylight Saving Time!



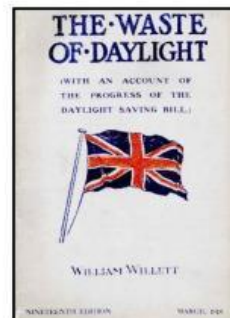
Daylight Saving Time was made up to help us enjoy more daylight in the evenings during the summer. By moving our clocks forward in March, we get more sunshine in the evening. But in November, we go back to regular time.

So, who came up with this idea? A long time ago, a smart man named Benjamin Franklin talked about it. Then, in 1907, another smart person named William Willett suggested it to the government in England. But it wasn't until 1966 that everyone in the United States agreed on when to do it.



The American scientist Benjamin Franklin was one of the founding fathers of the Declaration of Independence of the United States, but he never became President.

The British builder William Willett wrote a document explaining why it was a good idea to change the clocks twice a year.



Before that, some places did Daylight Saving Time differently. Imagine living close to someone, but your clocks showed different times! That's why they made a rule to keep it the same everywhere.

Daylight Saving Time helps us use sunlight better, especially in places where summers are very bright. But not every country does it. Places near the middle of the Earth, called the equator, don't need it because they have almost the same amount of daylight all year.

In the United States, a few places like parts of Arizona and Hawaii don't change their clocks. And in other countries, they do Daylight Saving Time at different times.

Some people think Daylight Saving Time is great because it can help save energy and make things safer. But others say it doesn't really save energy because we use more when it gets dark early.

So, Daylight Saving Time is like a special time trick we do every year to enjoy more sunlight!

Activity: Use the words from the box to complete the sentences.

the equator	Spring	sunlight	Autumn	energy	Benjamin Franklin
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1. In _____, on the last Sunday of November, we fall back to regular time.
2. _____ was the person who first thought about the idea.
3. Some places found in _____ don't need to change their clocks.
4. In _____, on the last Sunday of March, we spring forward our clocks 1 hour.
5. Thanks to Daylight Saving Time, we can enjoy more _____ during the day.
6. Critics of DST believe we don't really save a lot of _____.