

The Sunlight Effects



Our sun is amazing when you think about it. It provides light and warmth, which are vital for plants and animals. For centuries, different civilizations have depended on the sun and we still rely on it!

There are many benefits to stepping outdoors during the day. But we should also remember about the other effects of this powerful star, especially when it comes to prolonged and excessive sun exposure.



What changes occur in nature in summer?

The sun gives off rays of light that can both help and harm us. The intensity of the sun's rays depends upon the time of year, as well as your location. The sun's ultraviolet (UV) rays are the strongest in summer.

Your clothing is the first line of defense from the UV rays. The construction of fabric, its color, fiber content, and weave all influence how well you are protected from the sun.



Have you ever noticed that some objects change color or fade when left outdoors for a long time?

The sun's UV rays break down chemical bonds in the molecules that bring color to an object. It causes fabric, paper, or paint to fade.



San Jose Museum of Quilts & Textiles

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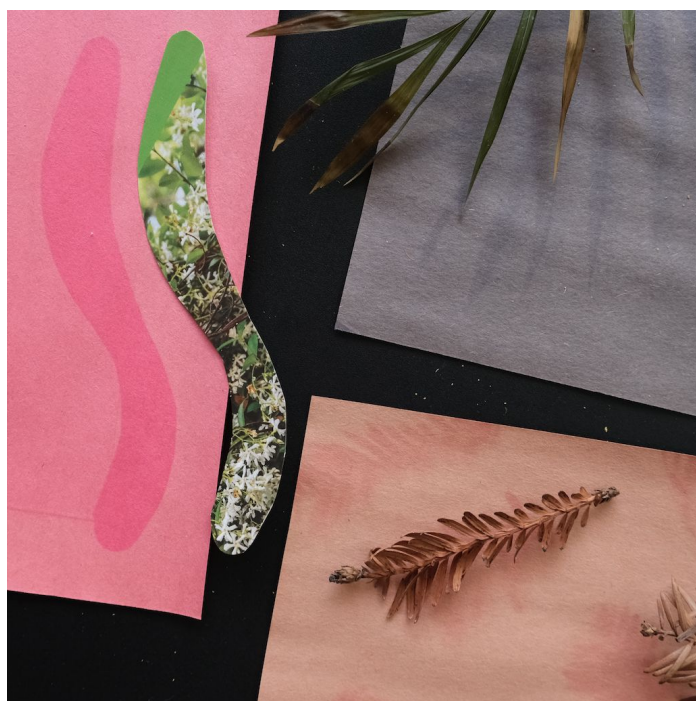


We are going to use the sun's power to create sun printing art!

While doing so, do not forget to protect yourself by staying in the shade, covering up, and applying sunscreen.

Printable instructions:

- [Sun Printing on Construction Paper](#)



- [Sun Printing on Fabric](#)



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