



Name \_\_\_\_\_

# Daylight Saving Time

Daylight Saving is a way to make better use of the daylight. The idea is to advance or reverse the clock by one hour to give us more hours of daylight. Daylight Saving Time is often abbreviated DST.

## When is Daylight Saving Day?

There are two times where the clock is moved for Daylight Saving Time. Once in the spring and once in the fall.

In the United States Daylight Saving in the spring occurs on the second Sunday in March. In the fall it occurs on the first Sunday in November. The official time to do this is at 2am. A great way to remember which way you turn the clocks is “spring forward” and “fall back”. In other words, you set the clock ahead in spring and behind in fall.

## Who observes this day?

Many countries around the world observe Daylight Saving Time. The dates they adjust the clocks may vary depending on the country. Most countries in Europe observe Daylight Saving Time.

The United States observes Daylight Saving Time except for Arizona, Hawaii, Puerto Rico, U.S. Virgin Islands, and America Samoa.

## History of Daylight Saving Day

Benjamin Franklin first suggested the idea of Daylight Saving Time. He got the idea while visiting France where people would get up earlier and go to bed earlier in order to save on candles, but the idea was dismissed.

In World War I, the first country to implement Daylight Saving Time was Germany. They implemented it to save on coal. Soon many other European countries followed. The United States adopted DST in 1918.

## Questions

1. What is Daylight Savings? \_\_\_\_\_
2. When do you set your clocks forward? \_\_\_\_\_
3. When do you set your clocks back? \_\_\_\_\_
4. What time does Daylight Savings officially begin? \_\_\_\_\_
5. Who was the first country to implement Daylight Savings and why? \_\_\_\_\_

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