



Why do we put the clocks forward & back?



1

During summer, there are more hours of daylight. The days are lighter for longer.



2

In the winter, there are less hours of daylight. The days start to become darker earlier in the evening.



3

The day which has the most hours of daylight in the year, is the 21st June. This is called the summer solstice.



4

The day which has the fewest hours of daylight in the year, is the 21st December. This is called the winter solstice.



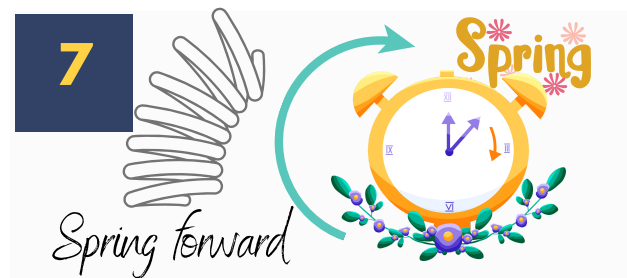
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When daylight saving time begins in spring everyone moves the time on their clocks forward one hour. This is called 'putting the clocks forward'. Our smart phones and watches will do this automatically.



6

So in the spring, clocks will go forward 1 hour and in the autumn or 'fall' as it is known in America, they will go back 1 hour.



7

We can remember this by thinking of the phrase 'Spring forward' which reminds us that our clocks go forward 1 hour in springtime



8

Then remember the phrase 'Fall back' for going back 1 hour in the autumn.
Spring forward... Fall back...