Stargazing

Astronomy- constellation gazing

* + This is meant to be a relaxing bonding program
  + Everyone lays down on the grass
* Myth of Orion
  + Orion boasted that so great was his might and skill as a hunter that he could kill all the animals on the face of the Earth.  Gaea, Goddess of Earth, was alarmed at such a boastful and inappropriate statement.  Gaea decided that Orion must be killed just in case he might one day decide to carry out his boast.  So Gaea sent a giant scorpion to Orion and ordered the beast to sting Orion.  As mighty as Orion was, after only a brief battle, the scorpion managed to deliver the hunter a deadly sting.  Scorpius stung Orion on the heel (at the star Rigel).  Orion and the scorpion were given honored places in the sky, but they were placed at opposite ends of the great sky dome so that they would never engage in battle again.  Although there are other stories about how Orion met his death, this one is the most common.
  + In another Greek myth, the goddess Artemis (goddess of Wild Animals and of the Moon) fell in love with the handsome Orion.  Her brother, Apollo, did not like this, and plotted to destroy Orion.  One day while Orion was swimming, Apollo walked by with Artemis.  Apollo challenged her to hit the target bobbing in the water.  Artemis did not know it was the head of Orion, and shot her arrow.  The arrow struck Orion in the head killing him.  When Orion's body washed ashore by the waves, Artemis was horrified to see her arrow and to learn that she had been tricked by Apollo.  In great sadness she tenderly placed the body of Orion in her silver Moon-chariot an carried him high up into the sky.  Then finding the darkest place, so that his stars would shine the brightest of all surrounding stars, she placed him where we see him today.
* Read quotes
  + “I like the night. Without the dark, we'd never see the stars.”-Stephenie Meyer
  + “When it is dark enough, you can see the stars.”-Ralph Waldo Emerson
  + “Dwell on the beauty of life. Watch the stars, and see yourself running with them.” -Marcus Aurelias
  + “The nitrogen in our DNA, the calcium in our teeth, the iron in our blood, the carbon in our apple pies were made in the interiors of collapsing stars. We are made of starstuff.”-Carl Sagan
    - “I like the stars. It's the illusion of permanence, I think. I mean, they're always flaring up and caving in and going out. But from here, I can pretend...I can pretend that things last. I can pretend that lives last longer than moments. Gods come, and gods go. Mortals flicker and flash and fade. Worlds don't last; and stars and galaxies are transient, fleeting things that twinkle like fireflies and vanish into cold and dust. But I can pretend...” -Neil Gaman
  + Point out the main constellations (big dipper, orion, )
  + 10 minutes of free time to just lie in the grass, look at the stars, maybe talk to a friend about something you're feeling stressed about