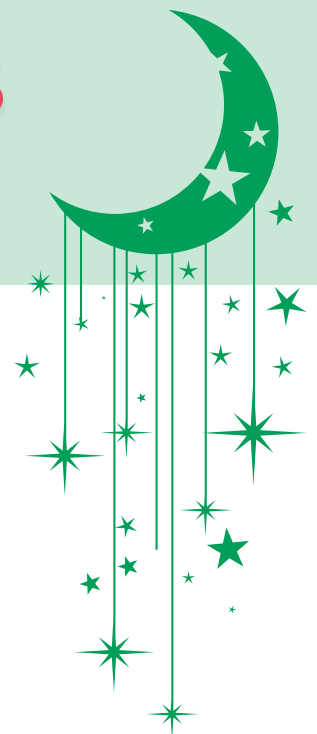




Wonder Series

The Science of Awe



Spectacular September

August was an introduction to the emotion “**awe**” and how it can benefit youth (and people of all ages) by helping to make us happier, healthier and more connected. Awe is the feeling we get when something leaves us breathless, inspired, or mystified. It gives us a sense of being in the presence of something greater than ourselves, something immeasurable. There are many ways to help facilitate the feeling of awe.

Immersing oneself into nature is a great way to experience awe. Witnessing natural beauty, wildlife, the changing of the seasons, and astronomical events can all give us pause with moments of wonder!

As we settle into the month of September, it’s the perfect time to go hiking and soak up some of the lingering warmth of summer. September 22, the autumnal equinox promises the crisp air of autumn (an equinox is when the Sun is exactly above the equator and both day and night are of equal length).

We are lucky to experience two amazing astronomical events in September that are sure to inspire awe. **September 17th we will get to see the Super Harvest Moon and a partial lunar eclipse at the same time!** A super moon is when the moon will be near its closest point to the Earth, and it will appear about ten percent bigger than normal. A partial eclipse occurs when part of the moon enters Earth’s shadow. A part of the moon will appear to be covered.

Be sure to get outside around moonrise on September 17th (7:04 pm) to see the Super Harvest Moon. The partial lunar eclipse will begin at 7:41 pm in the Quad Cities area. You can keep up to date on astronomical events all year long utilizing NASA’s Skywatching webpage at <https://science.nasa.gov/skywatching/> “Awe”some adventures await!



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Hands-on Activities for Youth (and those young at heart)

In this section you'll find activities inspired by a star of the autumn harvest-**apples!** Mixing the inspiring elements of art making, food, and poetry there are lots of ways to continue to celebrate the awesomeness of September's astronomical delights.



Apple Secrets by Betty Jones

Who would think an apple
Red, gold, or green and round
Would have a secret deep inside
When cut it can be found!
I thought this secret only shone
In deep and darkest night
But when I cut my apple
It shines with five points bright!
And now you know the secret
Where shining stars are found
In every crunchy apple
Red, gold, or green and round

Inspired by stargazing Apple "Star" Stamping

SUPPLIES

Apple
Knife
Cutting Board
Paint
Paper

With the help of an adult, cut an apple in half (cut the top from the bottom so you have the top half and the bottom half of the apple). In the center where the seeds are you should see a perfect star shape. Use your paints to turn your apple halves into stamps. Stamp apple star designs on your paper. You can add to your night scene by drawing or painting a landscape or city scene!



Try this easy and yummy apple treat from Eat.Move.Save.

(with the help of an adult)

Ingredients

1/4 cup instant oatmeal
1/4 cup all-purpose flour
1/3 cup firmly packed light brown sugar
1/2 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1 1/2 tablespoon butter, melted
4 small apples

Preparation

Preheat the oven to 375 degrees F.
Wash hands with soap and water.
Spray an 8x8 inch baking dish with non-stick cooking spray.
In a bowl, thoroughly combine the oatmeal, flour, brown sugar, cinnamon, nutmeg, and butter.
Gently rub apples under cool running water.
Core and thinly slice the apples.
Spread the apple slices evenly over the surface of the baking pan.
Sprinkle the oatmeal-flour mixture over the apples.

Bake in the preheated oven for 30 minutes or until the apples are tender and the topping is golden brown.

Note

*For best results use a baking variety of apple like McIntosh, Granny Smith, Jonagold, or Braeburn

[//eat-move-save.extension.illinois.edu/eat/recipes/apple-crisp](https://eat-move-save.extension.illinois.edu/eat/recipes/apple-crisp)



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