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| clock | Daylight Saving Time happens every spring and fall. We set our clocks ahead one hour in the spring. We set our clocks back one hour in the fall. |
| picture of person with bright sun, tree, balloon, music, swings to enjoy when weather is nice | We change our clocks to have more sunlight at night in spring to have a longer day. This gives us more time to play and enjoy the nice weather outside. |
| partly sunny sky, school building and work building | We also change our clocks to have more sunlight in the morning in the fall for school and work.  |
| person trying to go to sleep | People might feel sleepy in the mornings or awake at night, but they need to try go to sleep at night at the same time. It may take a few days to adjust to the change. |