STEM@CGI – **At Home!**

"STEM@CGI At Home" offers weekly STEM based activity packs with practical STEM activities for children. **Get your family involved, learn and have fun**!

The sun is honored

A star that gives light and warmth to the Earth and a rhythm for life on its surface, the sun gives us the vitamin D necessary for the well-being of our body and spirits. " You are my sunshine! " is an expression for people who exude joy and put the people around them in a good mood. The sun is essential for us, which is why we wanted to honor it this week in two different ways:

- **Through technology** thanks to the activity of the week where you create your own sunrise!
- **Through a yoga guide** that we have specially developed for you to do under the beautiful summer sun!

ACTIVITY – SUNRISE

Introduction

In this project, you'll learn how to use CSS to create an animated sunrise.
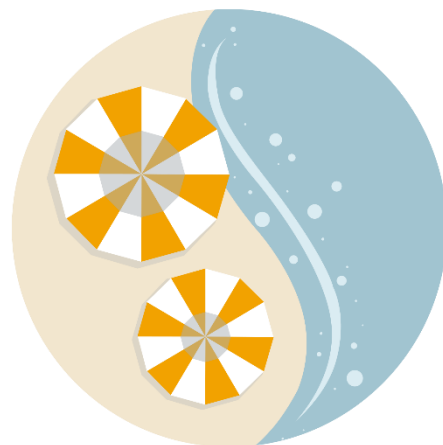
Access this activity

What you will need

For this project you will use Trinket to write HTML & CSS online.

What you will learn

- Introducing @keyframes rule for defining steps in an animation.
- Reinforcing the use of properties to define the size, shape, position and colour of elements on a webpage.

BONUS ACTIVITIES

Because yoga is an accessible activity with many virtues for both the body and the mind, we have created a guide especially for you. Relax while having fun! This program of 14 poses can be performed alone or with your family. If you are under the age of 10, we recommend you to be accompanied by an adult. In yoga, even if there are rules, listening to your body is most important. **Don't push yourself too hard and never go beyond your limits!**

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Stay healthy and safe!

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