As much as a total eclipse of the sun is a once in a lifetime happening, our family has experienced firsthand the detriments of retinal damage and lifelong vision loss. In addition to making pin-hole viewers this weekend, we have asked our children to resist the temptation of looking at the sun and the eclipse. Plus, let's be honest, there are going to be thousands of videos and photos, taken with special filters making it far more spectacular, hitting the internet immediately after the big show. Instead, we asked our children to take in the experiences that won't be broadcast later:

1. During the totality, there will be a sunrise and sunset in every direction, 360-dagrees. It will only last as long as the face of the sun is covered by the moon.
2. The darkness will reveal Mercury, a planet that can be hard to spot due to being so close to the sun.
3. You may also be able to see Jupiter and Venus.
4. There will possibly be a meteor streak across the sky during the brief period of darkness.
5. The air temperature will drop 10-20 degrees F.
6. Shadow bands are thin, wavy lines of alternating light and dark that can be seen moving on plain-colored surfaces immediately before and after a total solar eclipse. (To try to view them, set up a large white poster board or bed sheet on the ground.)
7. Animals may become very confused as they think night is coming. Some animals may show nighttime habits like waking up, going to sleep, changes in noises, or looking to be fed. Listen to the sounds of nature. Watch the behavior of your pet.

Check out these links to viewing alternatives and enjoy the memories that the day brings!

Live Stream:
Live Stream from NASA
https://eclipse2017.nasa.gov/eclipse-live-stream

Audio Description of the Eclipse over Tennessee
http://www.pathstoliteracy.org/news/audio-description-allow-blind-see-total-eclipse

Safe Viewing:
How to make a pinhole viewer
https://eclipse2017.nasa.gov/how-make-pinhole-projector-view-solar-eclipse

Safely Watch the Eclipse with a Pizza Box Projector
https://www.today.com/food/safely-watch-eclipse-pizza-box-projector-t115186

Added Safety to Solar Eclipse Glasses for Kids
http://www.classicalhomemaking.com/2017/08/worry-less-eclipse-glasses-for-kids.html

Exploring Shadow Bands (take a white sheet outside with you!)
https://eclipse2017.nasa.gov/exploring-shadow-bands

Audio Descriptions for the Blind:
Eclipse Soundscapes:
http://eclipsesoundscapes.org/

Download the Eclipse Soundscapes App: (iOS)
https://appsto.re/us/F0Uolb.i

Audio Description of the Eclipse over Tennessee
http://www.pathstoliteracy.org/news/audio-description-allow-blind-see-total-eclipse

Videos About Solar Eclipses:

Why a total solar eclipse is such a big deal
https://www.youtube.com/watch?v=oNH3akWXaV8&feature=youtu.be

PBS Kids: Ready Jet Go! Total Eclipse of the Sunspot
https://youtu.be/A0xKhq-njNc

Physics Girl: Craziest Eclipses in the Solar System
https://youtu.be/nlwvShR12VM

Music:

Eclipse and Music: Making music from the Eclipse as well as a playlist for eclipse/moon songs:
https://eclipse2017.nasa.gov/eclipses-and-music

Exploratorium: Total Solar Eclipse App:
https://itunes.apple.com/us/app/total-solar-eclipse/id1230195450?mt=8

Dancing In The Dark: 30+ Songs To Enjoy During The Solar Eclipse (must have the Spotify App to play songs)
http://www.npr.org/sections/world-cafe/2017/08/18/544180923/dancing-in-the-dark-30-songs-to-enjoy-during-the-solar-eclipse

Classical Songs for Eclipse Viewing (access to music by clicking on inset videoes)
http://www.classicalmpr.org/story/2017/08/14/elipse-music