

Lesson 7: S is for Sunshine – Video Guide



Truly the light is sweet, and a pleasant *thing it is* for the eyes to behold the sun
Ecclesiastes 11: 7

- Ms. Alana's grumpy mood

3: 15 - Planting microgreens

- What are microgreens?
- What is coconut coir?
- What are the benefits of gardening?

13:15 – How the sun can help:

- Vitamin D – improve mood & other benefits
- Cholesterol
 - *Good vs Bad*

16:00 – How much time should you spend in the sun?

- Where you live
- Which parts and how much of your body are exposed
- Skin tone

17:20 – Acts 17:26: *The Lord loves diversity!*

21:00 – Bloopers