

— CPRE'S —  
STAR  
COUNT

17 - 24 February 2023

Hi, I'm Gem!  
Let's go star counting!

Celebrate our starry skies,  
with Gem and her star.



The  
countryside  
charity

# About the Star Count

CPRE, the countryside charity, is running a Star Count and we'd love you to get involved!

## How to join in

To take part you need to count the stars you can see within the constellation of Orion, the hunter. Orion wears a belt and holds a club and a shield.

## Tell us what you can see!

You can send your results to CPRE by visiting [cpre.org.uk/starcount](http://cpre.org.uk/starcount).

With your help we'll make a map to show the best places for stargazing, and where it is difficult because of light pollution.

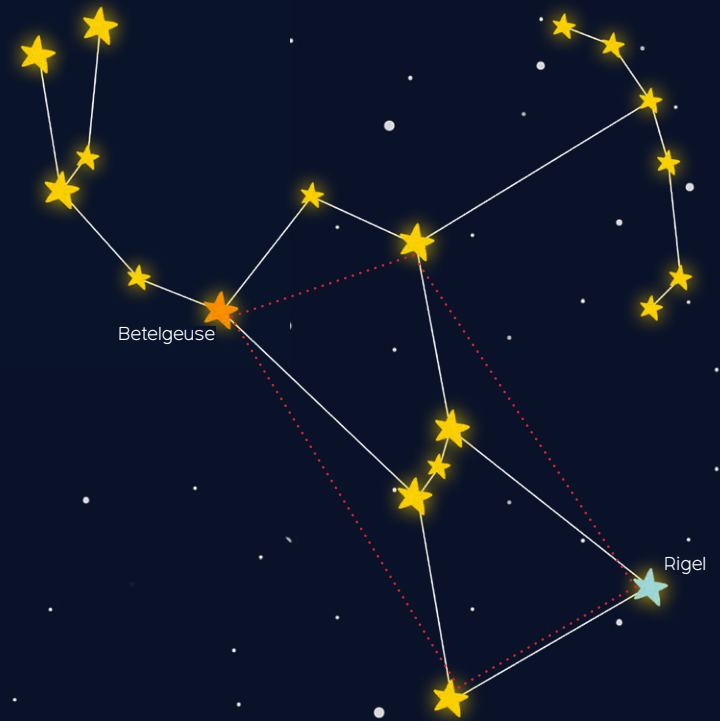
If you take any pictures, we'd love to see! Share your photos using [#StarCount](https://twitter.com/StarCount)

## Finding Orion

To find Orion, look for the row of three bright stars that make up his belt.

Count the stars inside the rectangular space shown on this picture. Please don't include the four corner stars in your count.

If you look carefully, you might see that the top left star is orange and the bottom right star is blue!



# Star Count check list

Anyone can take part in the Star Count! Before you go out with your family and friends, make sure you have the following:



## 1 It's easy to take part!

You don't need a telescope! Just your eyes, a sense of adventure, and somewhere quite dark. Good examples include your local park.



## 2 Wrap up warm!

It might be chilly! Don't forget your hat, scarf, coat and gloves.



## 3 Take a hot drink

Bringing a hot drink is a good way to keep toasty and warm.



## 4 Bring your Orion cut-out

Cut out the view finder from the last page of this pack and take it with you to help find Orion.



## Dark nights are the best for seeing stars

At this time of year, the moon is not very bright, which helps us see more stars.



## Light pollution and starry skies

Starry skies are one of the most beautiful sights in the world and have inspired people for thousands of years. On a dark and clear night, we should be able to see thousands of stars.

Sadly, light pollution from unnecessary outside lights makes it difficult for most people in England to see many stars. Light pollution is also a problem because it can disrupt people's sleep and confuse nocturnal animals.

When I moved to the city, I lost sight of my favourite star.



## Together we can protect starry skies

By working together as communities and turning off unnecessary outside lights, we can all do our bit to protect our starry skies and save energy.



We can all help by turning off lights we don't really need.



## How Star Count helps

Your results from Star Count will help us make a map of our starry skies!

By showing on a map where light pollution is most serious, CPRE can help people who work in local councils to decide what to do about it.


We can all make a difference, no matter how small we are!



# Gem's Star Count cookies

Before I go star counting, I like to make yummy biscuits to share with my family! Here's my favourite recipe.

Make sure you ask an adult to help you!



It's tricky not to eat them all before I go out, so I always try to make extra!

## What you'll need:

- A star-shaped cookie cutter
- 1/2 cup (112g) softened butter or margarine
- 3/4 cups (150g) sugar
- 1 tsp vanilla extract
- 2 cups (250g) plain flour
- 1 tsp baking soda
- 1/4 tsp salt
- 2 tbsp dairy or non-dairy milk of your choice

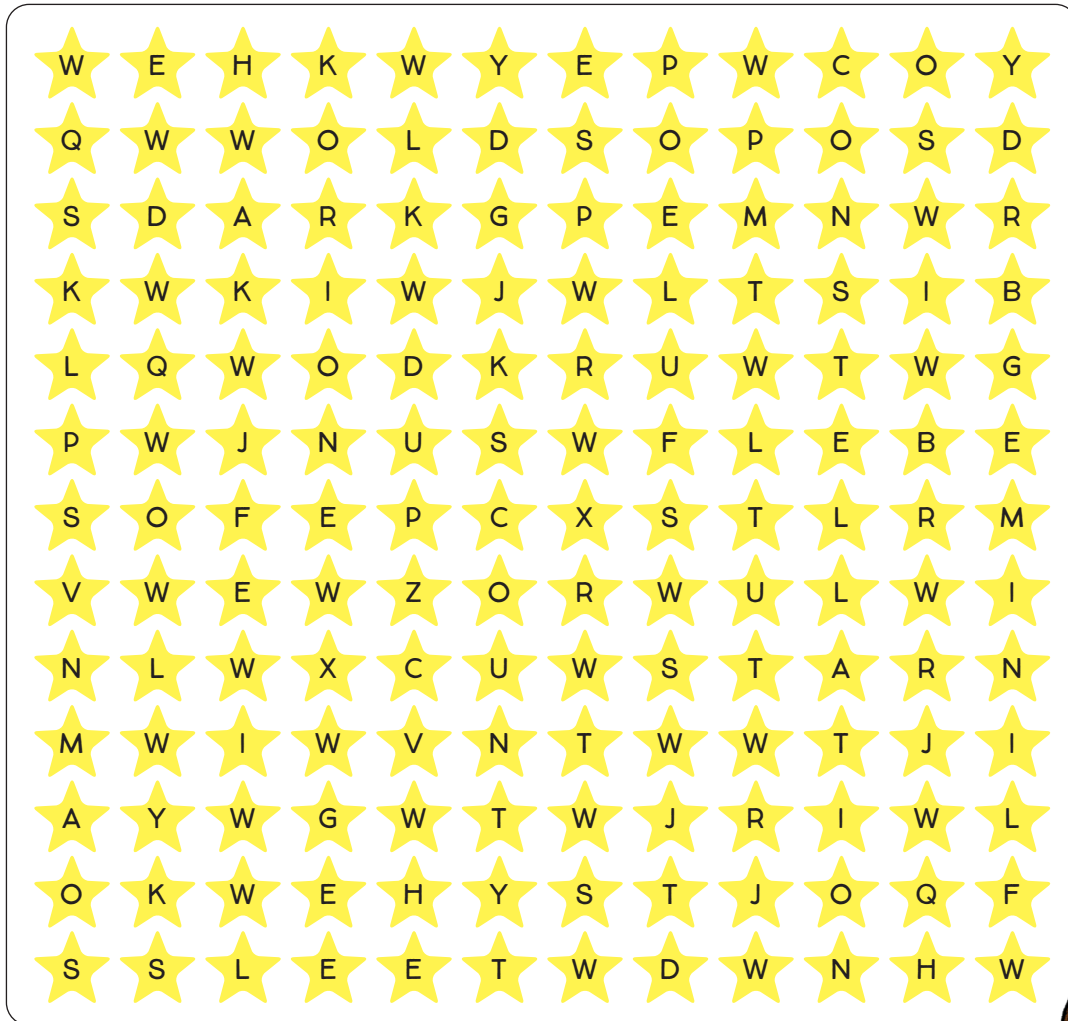
## How to make your cookies:

1. Preheat the oven to 180°C
2. Cream the butter/margarine and sugar together, then add the vanilla extract.
3. Sift the flour into another mixing bowl and add the baking soda and salt.
4. Add the dry ingredients to the wet and mix in by hand until crumbly. Add milk and mix in to create a big ball of dough. If your mix is too crumbly to form a ball of dough, add in a little more milk until it does.
5. Flour your hands and a baking mat and transfer the ball of dough to the baking mat.
6. Use a rolling pin to roll out the dough to around 1/4 to 1/2 inch thick, dip your star cookie cutter into flour so it doesn't stick, and cut out your cookies. Transfer the cookies to a parchment lined baking tray.
7. With the remaining dough, form it into a ball and then roll it out again and repeat.
8. Place the whole tray into the freezer for 15 minutes, so that the cookies keep their shape during baking.
9. Bake in the oven for 10-15 minutes.
10. Using oven gloves, remove the cookies from the oven and allow them to cool completely before packing them up to take star-gazing!



# Star Count word search

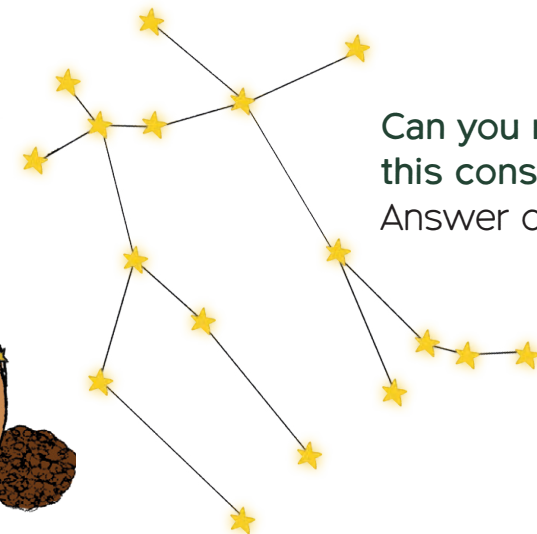
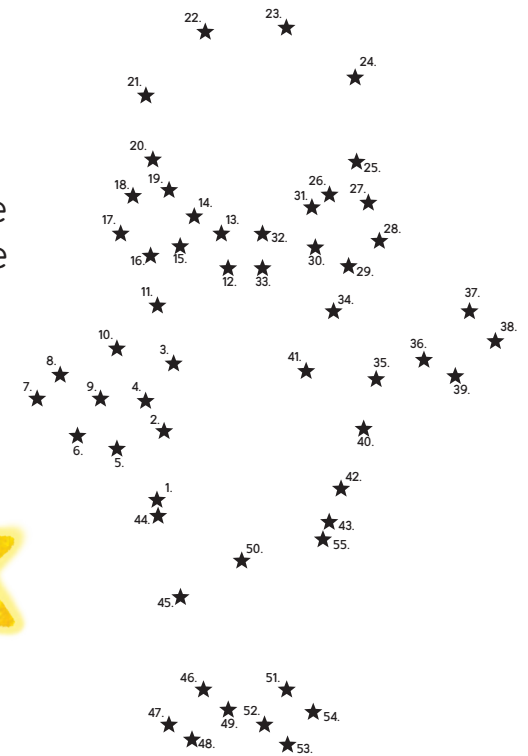
Gem's favourite star has hidden some special space words in this word search. Can you help Gem find them?



Words to find: DARK, STAR, SKY, LIGHT, COUNT, ORION, CONSTELLATION, GEMINI

# Star-to-star

To thank Gem for all her help to protect the starry skies, her special star made a picture for her in the sky. Can you join the stars to see what her star made?



Can you name this constellation?  
Answer on last page.



# Orion view finder

You can cut out this view finder and take it with you on your star count to help you find Orion.

**Make sure you ask an adult for help with the scissors!**

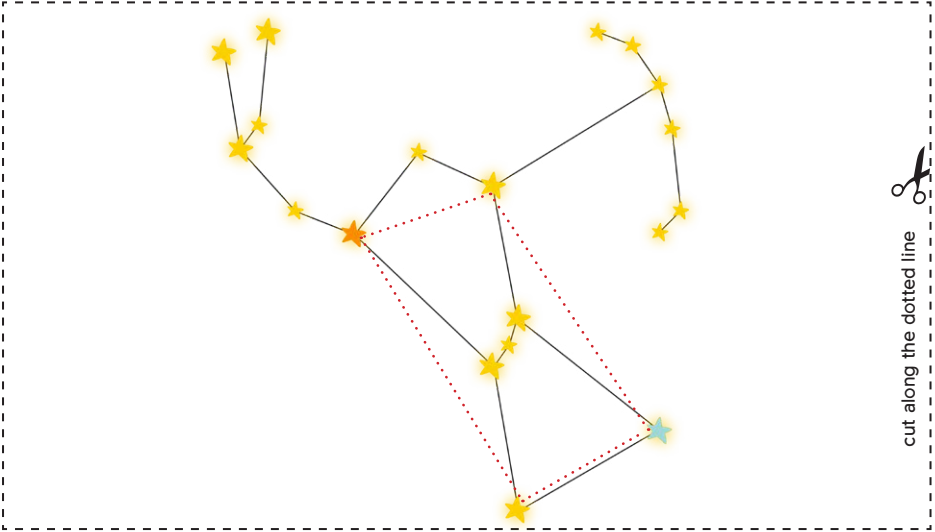
## Record your results

1. How many stars can you count? (Not including the corner stars.)
2. What time and date did you go star counting?
3. Where did you do your star count? (Ask a grown up for the post code.)
4. What was the sky like when you did your count? (Was it clear, dark, smoggy, rainy or light?)

## Tell us your results!



To record your results and be a part of CPRE's Starry Skies Map, please visit:  
[cpre.org.uk/StarCount](http://cpre.org.uk/StarCount)

**My star finder**



**Can you see Orion?**

Print out this view finder, stick it onto card and cut it out.





# CPRE and our campaign for starry skies

At CPRE, the countryside charity, we believe in protecting our natural night sky so that people everywhere can enjoy the stars. By taking part in Star Count, you're helping us to keep the stars safe and in sight!

Gem and her star will be back soon with a new adventure to share, so keep an eye out on our website.

## Share your Star Count!

If you take any pictures, we'd love to see!  
Share your photos using [#StarCount](#)

Can you name the constellation?

Answer: Gemini

See you soon!



[cpre.org.uk](http://cpre.org.uk)

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The  
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