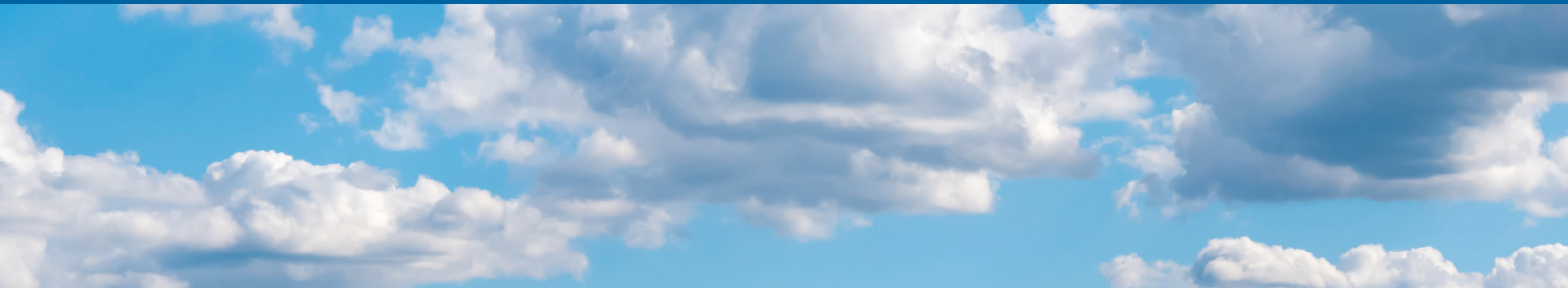




# Sky and Clouds



## When did you last take time to look up at the sky?

This activity encourages you to take a moment, to find a space within your busy day, to look up and take time to see the vast and beautiful things above your head, whether it be the sky, observe the clouds, or the tree canopy. Looking up for even just a short while has been shown to improve creativity, slow the pulse down, and inspire a feeling of awe and wonder.

We think that the best place to go and do this activity within the La Vallette area is at the Clarence Battery, where there is a beautiful, wide space to lie down and watch the clouds streaming overhead.

### Remember - never look directly at the sun!

You might want to just watch the clouds float past, and decide what shapes you can see in them, but if you want to learn a bit more about different cloud formations, please read on.

### How is a cloud formed?

From a distance, clouds might look like cotton wool, but they are made from water.

Clouds form when the air cools down. This changes *water vapour* into drops of liquid water, or even tiny ice crystals in a process called condensation. The water droplets are big enough to catch the light and allow us to see them, but so small and light that they hang in

the sky and don't fall to the ground. The water droplets all gather and make clouds. Clouds are part of the water cycle.

### Different types of clouds

Learn about the types of clouds you might see in the sky and what kind of weather they bring.

- Cirrus
- Cirrocumulus
- Cumulus
- Stratus
- Nimbus

### Cirrus

Thin, wispy clouds that look like feathers and which float around 6000m up in the sky, made of ice crystals. They are typically seen during fair weather.

[Discover more over the page >](#)

**Cirrocumulus**

Clouds are small white patches, often arranged in rows. They can resemble fish scales, a pattern known as a mackerel sky. They indicate cold but fair weather, and their presence can sometimes signal colder air masses moving in.

**Cumulus**

Puffy clouds that look like cotton wool or candy floss. They usually float between 300 and 2000 meters in the sky. Often indicate fair weather.

**Stratus**

Clouds which often are flat and don't move. On overcast days they stretch across the whole sky like a blanket.

**Nimbus**

We add the word 'nimbus' to the names of clouds to describe them when they are dark - a sign that rain or snow is falling from them or will be soon. For example,

a **cumulonimbus** is a dark puffy thundercloud, whilst a **nimbostratus** is a thick dark flat cloud.

**Colours in the Sky**

The old saying, "Red sky at night, shepherds delight. Red sky in the morning, shepherds warning" has some scientific fact. The color of the sky is based on the scattering of sunlight by particles in the atmosphere and the direction from which weather systems travel. Red sky at night indicates high pressure and dry, stable air moving in, while a red sky in the morning suggests that a high-pressure system has already passed, leaving room for a low-pressure, rainy system to arrive.

By paying attention to these signs and patterns, one can gain a better understanding of the weather and prepare accordingly. However, it's important to remember that while these signs can be helpful, they should not be relied upon as a definitive forecast.

