



**Blairvadach
Bytes**

Sunrise

The Sunrise is the dawn of a new day it helps revitalise and refresh bringing new ideas, dreams and fresh hope.



The benefits of a sunrise

- **An aid to navigation**
- **Revitalising**
- **Start of a new day**
- **Helps with mental health**
- **Creates memories**
- **The sun never actually rises**
- **The sunrise is nice to look at**
- **Particles in the air, water droplets and the curvature of the earth make the sunrise stay longer with vibrant colours.**

