Safely Observing the Sun for Yourself

Compiled by Deborah Scherrer

Never look directly at the Sun with your eyes or through a telescope or in any other way, unless you have the proper filters -- you could permanently damage your eyes!

Great American Eclipses
The most glorious way to observe the Sun is to personally experience a total solar eclipse. On 21 August 2017, millions of people across the United States enjoyed nature’s most grandiose show – a total eclipse of the Sun. When is the next great solar eclipse? Don’t miss it!

https://www.greatamericaneclipse.com/future

Look for the next solar and lunar eclipses:
https://www.timeanddate.com/eclipse/list.html

Eclipse Glasses – for anytime!
For very little money you can purchase a pair of paper eclipse glasses. They are great for both total and partial eclipses, and they work anywhere, anytime you can see the Sun! Available on the web.

Projecting the Sun by Pinhole Camera
You can easily, cheaply, and safely observe the Sun by projecting it through a tiny hole onto a white sheet of paper. This simple device is called a "pinhole camera". You'll need:

• 2 sheets of stiff white paper
• A pin
• A sunny day
• Perhaps a friend to help
With the pin, punch a hole in the center of one of your pieces of paper. Go outside, hold the paper up and aim the hole at the Sun. (Don't look at the Sun either through the hole or in any other way!) Now, find the image of the Sun that comes through the hole. Move your other piece of paper back and forth until the image looks best. What you are seeing is not just a dot of light coming through the hole, but an actual image of the Sun!

Experiment by making your holes larger or smaller. What happens to the image? What do you think would happen if you punched a thousand holes in your paper, and you put little lenses in front of each hole to refract (e.g. bend) the solar images to all fall on top of each other? What do you think you'd see? In fact, optical telescopes can be thought of as a collection of millions of "pinhole" images all focused together onto one place!

If you want, you can make your pinhole camera fancier by adding devices to hold up your piece of paper, or a screen to project your Sun image onto, or you can even adapt your pinhole camera into a "real" camera by adding film. Google “pinhole camera” for lots of ideas!

**Projecting the Sun by Binoculars or a Small Telescopes**

You can project an image of the Sun using a pair of binoculars or small telescope:  
https://spaceweather.com/sunspots/doityourself.html  

However, **take note**, when projecting you can easily burn out the optics in your telescope of you are not careful. There are two things to watch for; both relate to the intensity of the image at the
prime focus of your telescope. This will be very hot -- brighter than sunlight by the square 107 (the angular size of the Sun) divided by the f/ratio of the telescope (f/ratio is the ratio of the focal length/objective diameter). So in a 6-inch telescope that has a 4-foot focal length (like many Dobsonian mounts) it is f/8. The sun is f/107, so the intensity of the image is (107/8)*(107/8) = 179. So the spot is about 180 times hotter than unfocused sunlight.

a) If that hot spot drifts off to the side of the telescope tube while you are not keeping it pointed correctly it can burn or ignite the inside of the telescope tube.
b) If your best eyepiece is being used to project the image to a screen or paper, note that the eyepiece must be moved out from the normal focus position BEFORE pointing at the Sun. When the eyepiece is all the way in it may well be that the hot image will actually be at the eyepiece and it could crack the lenses. So move it out an inch or more first. And, obviously, keep everybody from actually looking into the eyepiece.

We often cover most of the telescope aperture with cardboard to reduce the lit area of the mirror. Cutting it to 30% or 40% will leave a bright enough projected image. But note that the front of the telescope tube is often very near prime focus if the Sun drifts off the diagonal mirror - we have lit the mask on fire by not paying attention and that really gets people’s attention. Obviously, if you ever smell smoke, stop what you are doing!

**Projecting the Sun by Sun Funnel**

There is an easy-to-make cone device you can attach to a telescope so that multiple people can easily view your projection. Really awesome, and your friends will love it! Instructions at: [www.astrosociety.org/tov/Build_a_Sun_Funnel2.pdf](http://www.astrosociety.org/tov/Build_a_Sun_Funnel2.pdf) and [https://eclipse2017.nasa.gov/make-sun-funnel](https://eclipse2017.nasa.gov/make-sun-funnel)

[Image of Sun Funnel]

*Observing an eclipse with a Sun funnel* [https://eclipse.aas.org/eye-safety/projection](https://eclipse.aas.org/eye-safety/projection)
Using a little Sunspotter Telescope
This is a safe and inexpensive solar telescope of your own! The Sunspotter is an innovative, wooden, folded-Keplerian telescope that uses a system of mirrors and a powerful 62mm objective lens to project a brilliant 3" solar image onto a white viewing screen. If there are sunspots, they are generally easily seen. Especially good for kids and school groups, since they can set it up by themselves. Cost is $430-$500. Available on the web.

Filter Your Own Night Sky Telescope
If you or a friend have a night-sky telescope, you can often adapt it for solar viewing by using a solar filter. Baader filters are best, but others are available as well.
http://oneminuteastronomer.com/999/choose-solar-filter/

Your Own H-alpha Telescope
There’s a particular color of red (called H-alpha, coming from hydrogen atoms) that is good for viewing the Sun’s chromosphere, the part of the Sun directly above the surface, and that shows the best solar activity. You can purchase a Coronado PST (Personal Solar Telescope) to observe in H-alpha! These show prominences, filaments, sunspots, plages (white areas around sunspots). They run about $550, available on the web. Plus you’ll need to add a tripod.
View the Sun Through NASA’s Solar Dynamics Observatory

If you can’t afford your own NASA space telescope, you can at least view the glorious imagery that NASA’s Solar Dynamics Observatory (SDO) produces:  
http://sdo.gsfc.nasa.gov/data/

There is even a special tool that allows you to access this imagery and generate your own videos. It’s called JHelioviewer:  http://www.jhelioviewer.org/

If you would REALLY like to get into JHelioviewer, or you end up having to teach a community college course in astronomy, you can learn how to use this tool for yourself or for student laboratories at:  
http://solar-center.stanford.edu/activities/SDO

Observing and Sketching Sunspots

Do you know what a sunspot is? If not, check out  
http://solar-center.stanford.edu/about/sunspots.html

And, did you say you liked to draw? Before the advent of exotic cameras and other technological wonders, astronomers had to rely on drawings or sketches to document what they had seen. Humans have been sketching sunspots for hundreds of years, see  
http://obs.astro.ucla.edu/resource.html

Sunspot observations were first recorded in China during the Shang Dynasty (~1700 BC to ~1027 BC). In the I Ching (an ancient Chinese divination text and the oldest of the Chinese classics, c. 800 BC), a very early observation of sunspots was recorded as "three suddenly bursting fires eating a chunk of the sun" -- the first instance in recorded history of someone
observing sunspots. However, large sunspots are occasionally visible with the naked eye, so it is very likely humans have been observing sunspots for thousands of years.

An English monk named John of Worcester made the first drawing of sunspots in December 1128. Later, around 1611, Galileo’s drawings touched off a huge controversy about whether the blotches were on the Sun or small planets orbiting it. Historic drawings are still very important. And even today, drawings are still most accurate at recording exactly what the eye sees, unaltered by the processing of fancy electronics.

Galileo’s Sunspot Drawings:
http://galileo.rice.edu/sci/observations/sunspot_drawings.html

Do your own sunspot drawings
You can make your own sunspot drawings by observing sunspots using any of the above techniques. Then you can compare your sketches to those at Mt. Wilson (in Pasadena, California), an observatory that has been collecting sunspot drawings since 1917. This tradition still continues. Daily Sunspot Drawings at Mt. Wilson:
http://obs.astro.ucla.edu/150_draw.html

Ranking Sunspots - Zooniverse
This is a citizen-science, Zooniverse project to rank the complexity of current sunspots. You too can participate! https://www.sunspotter.org/#/science/sunspots

Counting Sunspots
In 1843 an amateur German astronomer named Samuel Schwabe discovered the rise and fall of yearly sunspot counts. We now call this the sunspot cycle. Daily counts have been done since 1849, and still continue. You can do your own, although counting sunspots is not as straightforward as it sounds. You have to figure out how many spots there are, as well as how many groups. And it’s hard to determine what qualifies as a sunspot group! How to follow this procedure and count your sunspots is explained at:
http://solar-center.stanford.edu/activities/Sunspots
**Viewing Transits**

A transit is somewhat like an eclipse, only there is a large disparity between the sizes of the objects. Occasionally the planets Mercury and Venus line up with our view of the Sun and appear to transit across its disc. (Thought for the day: why can’t you see other planets transit the Sun?) Mercury transited the Sun on 9 May 2016 and 11 November 2019. You can view transits with any of the techniques above.

For viewing the next Mercury transits, see [http://eclipse.gsfc.nasa.gov/transit/catalog/MercuryCatalog.html](http://eclipse.gsfc.nasa.gov/transit/catalog/MercuryCatalog.html)

This image shows Venus transiting the Sun in June of 2012. The next occurrence will be in December 2117. Encourage your grandchildren to witness it!

**What Color is the Sun?**

As you observe the Sun through any of these techniques, what color did you find it? The Sun is actually white. Many images from solar telescopes artificially color the Sun to make details more prominent (i.e. it’s hard to see details when a white Sun is placed on a white background). This is a similar problem to using crayons to color the Sun on white paper. Hence many young artists choose yellow, orange, or red for the Sun. If you view the Sun at sunrise or sunset, or through eclipse glasses or filtered telescopes, the Sun may appear non-white.

To explore the various colors of the Sun, and find ways to determine what they are, see [http://solar-center.stanford.edu/activities/SunColor/](http://solar-center.stanford.edu/activities/SunColor/)