

# Shadows

**Our Mission:** It is our mission to promote learning through play by offering children opportunities to interact with real people and have hands-on interactions with real things.

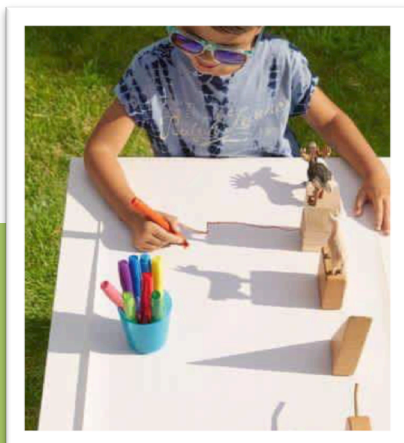
## P.L.A.Y. Plan

(Purposeful Learning and You!)



### Shadow Fun

**Shadow Drawing:** On a sunny day, go outside with your child. Have your child choose an object from the house, such as a stuffed animal. Place a piece of paper on the ground with the object in front of it. Then have your child use markers, crayons, or chalk to trace the object's shadow.



### Let's Move with Shadows

Exploring shadows with body movements is a great way to get kids active and excited about learning ... it's a full body experience! You can plan fun shadow games by calling out different shapes, letters, or numbers and inviting your child to do their best to create them in the shadow. You can also call out movements, like standing on one foot, reaching up high to touch the sky, or walking on all fours. Your child could also dance around with their shadow for fun! Encourage your child to make up their own ideas, too. All of these movements will help develop body awareness. If possible, take a few pictures for your child to look at afterwards.

#### What the Experts Say ...

Playing around with shadows is great for developing gross motor skills and control over the body. Shadow fun also opens the door to a whole world of imagination and physical play using a shadow.

- Tinkergarten

On a sunny day, have your child stand and trace their shadow on the sidewalk. Then your child could practice writing their name under the shadow.



## Shadow Puppets

Make different animal shadows with your hands. Talk with your child about the different animals, such as the foods they eat or the noises they make.

How to make hand puppets!



Let's Sing ...

### My Shadow Likes to Move

(Tune: When Your Happy and You Know It)

Oh my shadow likes to move,  
just like I do.

Oh my shadow likes to move,  
just like I do.

Whatever that I do, my shadow does it,  
too.

Oh my shadow likes to move,  
just like I do.

### Shadow Discovery

Turn off the lights, turn on a flashlight, and place toys in front of the flashlight to create a shadow on a wall. Move the toys toward and away from the light and compare the lengths of the shadows.

Check out the local library for these great books ...

