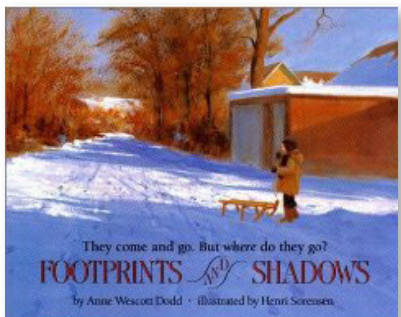


Chasing shadows

Let's play and talk together

- ❖ Go on a shadow hunt together. Look for shadows with interesting or odd shapes.
- ❖ Talk about what is making the shadows.
- ❖ Make shadows with your own bodies.
- ❖ Talk about the shapes of the shadows and how they move.

A good read-together book



Footprints and Shadows by Anne Wescott Dodd



Hints for success

- ❖ Talk about how and why the shadows change, e.g. how they blend and when they disappear.
- ❖ Pretend to be different creatures making shadows, e.g. "I'm a hungry eagle looking for a meal...I'm swooping down on my shadow lunch! Run, run, here I come!"

Can we make our
shadows go around
the corner?

Let's try!

Let's make a
zig-zag shadow!

Ways to say it

You will need a sunny day or a bright light.

This activity is good for pretending, thinking out loud and matching actions to words.

More ideas for Chasing shadows

Try this way

- ❖ Make a game of finding different kinds of shadows: solid ones, l-o-n-g ones, flowery ones, scary ones, etc.
- ❖ Look for shadows that are very dark, and others that are lighter. Try to figure out what is making them different.



Art

Help your children draw pictures of themselves with a shadow.

Physical activity

Play "Shadow Stomp." Take turns running and trying to stomp on one another's shadows.

Book link

Shadows and Reflections by Tana Hoban

My Shadow

I have a little shadow
that goes in and out with me
And what can be the use of him
is more than I can see.
He is very, very like me
from the heels up to the head,
And I see him jump before me,
when I jump into my bed.

The funniest thing about him
is the way he likes to grow--
Not at all like proper children,
which is always very slow;
For he sometimes shoots up taller
like an india-rubber ball,
And he sometimes goes so little
that there's none of him at all.

Robert Louis Stevenson