



Exploring Shadows

Outside on a sunny day or in a room with a bright light, point out shadows made by people and objects all around. Encourage children to explore how their shadow follows their movements. Explain that a shadow is made when an object blocks a light source. Experiment with ways to change a shadow's position and size.

Narrate and Encourage in the Moment Observations

“Where do you see a shadow? Where is the light coming from? What do you see blocking the light?”

“Wow! When I lift my arm up high, so does my shadow!”