

**Disclaimer: Activities with children must always be risk assessed, including for allergies or choking. Children must always have adequate supervision. Resources and materials must always be appropriate for children's age and stage of development.**

## Activity: Shadow shapes

**Make the most of sunny days by focusing children's attention on the shapes that shadows make. The activity can be carried out inside in a sunny spot, or outside with adequate protection from the sun.**

### Learning aims

- Awe and wonder of sun, light and shadows
- Creative and critical thinking
- Observation skills
- Fine motor skills

### Resources

- Sunshine (or a strong light)
- Light coloured paper, e.g. back of wallpaper roll
- Objects such as small world figures
- Pens, pencils
- Camera (optional).



### Activity outline

1. Invite children to a sunny, or light, space and encourage them to notice shadows made by their bodies or objects onto the paper or other surface
2. Share ideas and thoughts on how shadows are made, encouraging creative and critical thinking
3. Experiment with a range of objects held at different angles, demonstrating how the shadow of an object can change
4. Roll out the paper and add a selection of objects, arranged so that the shadows are as the children would like them
5. Either draw around the shadows or take photos of the shadows – or just enjoy experimenting with different shapes and shadows.

### Extension ideas:

- Guess the shadow game – children sit with their back to the light while another holds up an object to make a shadow. Can the children guess what the object is from the shadow it creates?
- Using an overhead projector and a selection of small items, children can make transient shadow art by arranging objects on the projector screen and creating pictures and patterns on the wall. They could take photos of their shadow art for display.



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## **NDNA products to support you with this activity:**

- Face to face training – [Developing quality outdoor provision](#)
- Publication – [Outdoor play](#)