Exploring Sight

Overview

Simple sensory prompts can help parents and carers tap into playful moments. Try drawing attention to the senses through natural materials and spaces.



Activities

Explore the nursery garden using the sense of sight. Look for light and shade and see if children can spot where the light is coming from. You can create your own dappled shade with a tarpaulin. Set up a hammock or rug and encourage families to lie down and look up at the clouds or trees above. Look for reflections in puddles, provide handheld mirrors to look underneath hedges and magnifiers to focus on tiny items.

Equipment

- Camouflage Tarpaulin
- Hammock
- Picnic Rug
- Handheld Mirrors
- Magnifiers.

Key Questions

What can you see?
Where is the light coming from?
When is it brightest?
Why is it dark over there?
Who is hiding under this hedge?

Learning Outcomes

- Understanding the world. Curiosity, Awe and wonder.
- STEM – exploring ideas of light and dark, the movement of the sun, and the passing of time.

Progression in Learning

- Play I-Spy but with colours - 'I spy with my little eye, something that is green'.
- Go on a colour scavenger hunt and bring back items to match colour cards.