Shadow Fun

Overview

Shadows can transform outdoor spaces into places of wonder. As light changes throughout the day different things can appear, our bodies can make fun shapes too!



Activities

On a bright sunny day, hang old sheets, net curtains or pieces of fabric outside to create giant moving shadows. Tie them between fences, trees or poles. Thick sheets make dark, bold shadows, while net curtains create delicate patterns across the ground. As the wind blows the shadows change shape. Encourage children to see what happens when the fabric is higher, lower, tighter or looser. Experiment with making shadows bigger, smaller, darker or blurrier.

Equipment

- Large white sheets
- Net curtain
- Shower curtains
- Pegs and bungees.

Key Questions

What's making that shadow?
Can you make the shadow move?
Who can make their shadow the smallest and biggest?
Can we make animal shapes with our hands?

Learning Outcomes

This activity supports a wide range of scientific learning and development, including exploring light and shadow, noticing how shapes and movements change, developing prediction skills, observing cause and effect, and building early understanding of materials and the natural world.

Progression in Learning

- Developing prediction and problem-solving skills.
- Investigating cause and effect using light and materials.
- Building early scientific language and understanding.