



Light and Dark

	Activity	What to do	Useful websites or apps or info	How to record learning.	Area of learning	Some extra Learning
Monday	<p><u>Creating light</u></p>   	<p>Adults can support children to collect resources to create light, such as tinfoil, a mirror, a CD disk, a glass filled with water or any silver ware. Children can experiment creating light by using a torch in a dark room (if no torch available, a smart phone can be used as well, as they have a flashlight).</p> <p>Adults can ask children about what they can see while they reflect the light on the objects and they can teach them the meaning of 'light' and that this is usually something 'bright, white or yellow'.</p> <p>Children might identify a rainbow after reflecting the light on a CD disk.</p> <p>Adults can also explain to their child that light can be also seen as something 'lighter', for example colours.</p>	<p>What you need:</p> <ul style="list-style-type: none"> • CD • Glass of water • Tin foil • Mirror • Cutlery • Anything shiny • Torch/ flash light 	<p>Take pictures of your child doing the activity at different stages and bring them into nursery on your return or send them to us at don't forget to ask them to put you name and class on the email heading).</p> <p>Info@ronaldopenshaw.newham.sch.uk</p>	<p>Communication and Language, Understanding of the World, Maths, Physical development and Expressive Arts and Design.</p>	<p><u>Colourful to white</u></p> <p>Why not have fun at turning dark colours to white by using bleach, for this activity you will need to have full adult supervision and wear safety gloves during the experiment.</p>  <ul style="list-style-type: none"> • Fill one of the clear cups 3/4-full with room temperature tap water. • Add 2 drops of food colouring to the water and observe the vividness of the food colouring while it mixes in the water. Describing how the colour of the water is getting darker as the colour is dissolving in the water. • Fill the other cup 1/4-full with bleach before mixing it with the coloured water. Pour the mixture back and forth between cups 3 or 4 times. • Let the mixture sit, in open air, for several minutes, observing the changes in colour. Describing how the colour is becoming lighter again.

<p>Tuesday</p>	<p><u>Day and Night</u></p>  	<p>Why not have fun at experimenting and learning about day and night, while your child learning about it. For this activity we require a globe (if not available you can get a ball and label a spot with the country we live in and on the opposite side of the ball put a blank label). A flashlight, which will represent the sun and finally a dark room.</p> <ul style="list-style-type: none"> • Ask your child to hold the globe/ball and ask them to face the location of where you live towards you. • Turn of the lights and then flash your torch on the location explaining to them its light and bright like the sun which makes it day. • Then ask the child to rotate the globe/ball and then explain the world rotates which creates darkness at night as it is facing away from the source of light, which is the sun. • At the end, you can ask them to recap. 	<p>What you need:</p> <ul style="list-style-type: none"> • A torch/light • A globe/ ball • Small stickers or dots. • Paper • Pens/felts 		<p>Communication and Language, Understanding of the World and Expressive Arts and Design</p>	<p><u>Draw your shadow:</u> Have a go at drawing around your own shadow. Encourage your child to go outside (when its sunny) and either use chalk to draw on the floor or take a big piece of white paper to put on the floor and draw around someone's shadow.</p> <p>Once you have done this, you can have a go at decorating them. You could draw around other family members, then compare things like how tall or short each of you are. You could draw around yourself in different poses. You could draw around pets it you have them or even your toys.</p> <p>See video below for inspiration. https://www.youtube.com/watch?v=8JxLyGhKto4</p> 
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<p>Wednesday</p>	<p><u>Shadow shapes</u></p>     	<p>Hopefully the sun is out ☀ with your child go outside and explore with shadows. Talk about different shapes you can see on the ground tree shadow shapes, shadow shapes of yourselves.</p> <p>Take pictures of different shadows in the environment.</p> <p>Now model making shapes with your body for your child to copy. For example, make a circle using your hands. Let your child have a go doing the same. Take their pictures.</p> <p>Encourage them to talk about and make shapes the could be imaginative.</p> <ul style="list-style-type: none"> You can compare sizes of the shadows using vocabulary of big, large, small, tiny, medium You can measure yourselves against different shadows to find out which one is bigger or smaller You could take and use a tape measure to find out the length of different shadows You can use estimation <p>Please document what your child says and take pictures. It's going to be fun enjoy and let yourselves go.</p> <p>Here are some examples you can use to boost your own Imagination</p>	<p><u>What you need:</u></p> <ul style="list-style-type: none"> Your body Sun light <p>Check out Dr Suess story:</p> <p>'The Shape of Me and Other Stuff'.</p> <p>https://www.youtube.com/watch?v=kNd2un7nDq0</p>	<p>Take pictures of your child doing the activity at different stages and bring them into nursery on your return or send them to us at don't forget to ask them to put you name and class on the email heading).</p> <p>Info@ronaldopenshaw.newham.sch.uk</p>	<p>Communication and Language, Understanding of the World, Physical development, Expressive Arts and Design and Mathematics</p>	<p><u>Lets talk:</u></p> <p>Parents can encourage the child/siblings and family to sit and talk together in a circle.</p> <p>They can talk about different aspects of light and dark. For example, they can discuss and ask questions about what do you think dark and light means?</p> <p>Parents can ask what happens in the dark and light. Such as, they can talk about the sun, moon and stars* .</p> <p>Parents can also talk to children about what they like about dark or light.</p>
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<p>Thursday</p>	<p><u>The Very Lonely firefly</u></p> 	<p>Start by watching the story 'The Very Lonely Firefly'.</p> <p>Then have a go at making some fantastic firefly pictures, by cutting a small piece of shiny paper for the body of the firefly and drawing on the rest of its body. You could do this on black paper and have a go at decorating the night sky. It's surprising how effective regular coloured pencils look on black paper.</p> <ul style="list-style-type: none"> • First, cut some strips out of tissue paper. Then brush on a layer of glue to the centre of the bottle. This is going to create the body of your firefly! • Apply the tissue paper onto the area that has glue and smooth it out. Add another layer of glue on top. • Once the glue is dry, wrap 3 pipe cleaners around the bottle and twist to form the legs. • Cut two wings out of the foam and tape the top the top of the bottle. • Put your glow stick inside! • Stick the eyes on the lid and wrap another pipe cleaner around it for the antenna. • And now you have the cutest little firefly! 	<p>What you need:</p> <ul style="list-style-type: none"> • Black paper, • Coloured paper, • Shiny paper or tin foil. • Colouring pencils • Glue • Scissors <p>Watch it here: https://www.youtube.com/watch?v=_XrPyF4Mpl4</p> <p>Glow bottle:</p> <ul style="list-style-type: none"> • Water Bottles or Pop Bottles • Tissue Paper • Glow Sticks • Pipe Cleaners • Googly Eyes • Foam Sheets • Tape • Glue 	<p>Take pictures of your child doing the activity at different stages and bring them into nursery on your return or send them to us at don't forget to ask them to put you name and class on the email heading).</p> <p>Info@ronaldopenshaw.newham.sch.uk</p>	<p>Communication and Language, Mathematics and Understanding of the World, Expressive Arts and Design, Mathematics</p>	<p><u>The Light and Dark list</u></p> <p>What you need:</p> <ul style="list-style-type: none"> • Paper • Pens <p>Draw a table on your paper. Ask your child what they would describe light to be and what they then will describe dark to be. In the table list the answers and read them out aloud after.</p>  <p>Next on a piece of paper draw four circles then cut them out. On each circle draw a different emotion; happy, sad, angry and scared (you can always draw more emotions later). Then will your child have a discussion with how the dark makes them feel and the light. Use the paper emotions or balloons to help your child identify how they feel.</p> <p>Take a look at these websites that will help with some of the ways in which you can talk to your child about emotions.</p> <p>https://www.bbc.co.uk/cbeebies/grownups/talking-to-your-child-about-emotions-love-monster</p> <p>https://www.bbc.co.uk/cbeebies/join/help-children-cope-with-emotions</p>
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<p>Friday</p>	<p><u>Routines</u></p> 	<p>Talk about the differences of light and dark and the times of the day. Get your child to think about your family routines. So what you do in the morning when you wake up, what does it look like outside and how do they feel?</p> <p>Then get them to think about the evening and the different routines that they have then.</p> <p>You could get them to think about:</p> <ul style="list-style-type: none"> • What we eat at what time? And why? • When we wash? • When we have a story? • Etc. <p>Once they have done this you could help them to have ago at drawing the different things off of their lists.</p> <p>You could also get them to have a think about how it might feel to do things at a different time. Such as eating cereal for dinner?</p>	<p>What you will need:</p> <ul style="list-style-type: none"> • Paper • Pens/ colouring pencils/ markers 		<p>Communication and Language, Understanding of the World, Physical development.</p>	<p>Have a go at watching or reading some of these stories with your child:</p> <p>'How to Catch a Star' https://www.youtube.com/watch?v=rpyR6hJPxiw</p> <p>'Peace at Last' https://www.youtube.com/watch?v=9U9y35kWBvM</p> <p>'Funnybones' https://www.youtube.com/watch?v=Cfpk8QEhK1c&list=PLyQYDeMT9rIXgm2I5rDYKKCA-n-rU-Ve57</p> <p>'Can't You Sleep Little Bear' https://www.youtube.com/watch?v=u1aJimzuzbg</p>
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Exploring Light with DIY Shadow Puppets:

What you need: Cardboard, Kebab Skewers or wooden dowels, Black Paint, Scissors, Tape

What to do:

Have a go at making your very own puppet show. First trace/sketch the puppet you want to make on cardboard, then cut out and paint or colour in. when they are dry attach the kebab skewers to the back using some tape or glue.

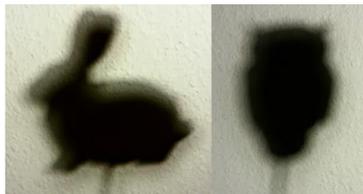
You could then tape a large piece of paper over one "window" or pin your paper up with a light on the other side. Also you could easily use a box by cutting a hole in the bottom, lining the hole with thin paper (or grease proof paper), turn it on it's side and you're ready to play!

You could explore what your shadows look like from different angles.

The difference between the shadows up close and far.

Find out more here:

<https://whereimaginationgrows.com/exploring-light-with-shadow-puppet-play/>



Paper Lantern:

What you need: A4 coloured card, A4 coloured paper (in a different colour to the card), Tissue paper, Glue stick, Thread to hang, Stapler

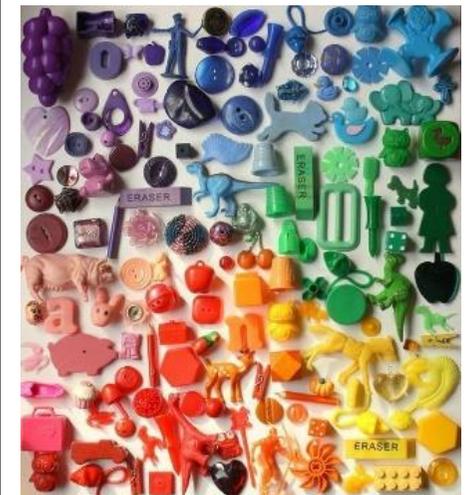
What to do:

- Fold the paper in half lengthwise. Cut lines through the fold to about 1 ½ inches from the top of the paper at about 1 inch intervals. Cut a ½ inch piece off the end.
- Cut a strip of about 2 inches off the width of the card. Glue strips of tissue paper along the uncut side.
- Take the paper and glue it on top of the card along the top and the bottom, matching the edges. You will find that the middle of the paper sticks out.
- You should be left with a ½ inch strip of card showing along one side. Glue along this strip and bend the lantern round into a cone shape. Staple to secure.
- With the tissue paper hanging at the bottom, make two small holes in the top. Tie some thread through to hang the lantern.



Light and Dark Colour Hunt

Get your child to have a hunt around the house for a range of different objects. Once they have collected them, encourage them to sort them in to light and dark colours. You could get them to order them by colour, so pale green to dark green or by all the dark colours and all the light colours.



Lets Play Shadows Poem



Let's play shadows in the sun,
I can make my shadow run!



I can make my shadow crouch down small,
Or reach up, very, very, tall!



I can make my shadow jump around,
Or do patterns on the ground.



My shadow is weary, see him creep,
Slowly curl up, go to sleep.



Actions

Either translate the words
into actions with a group (outside on a sunny day)

OR

Select individual children to act out each verse while others
observe what the shadows do.