

Shadow Movement Break

February is a time when children may not get outside enough to express their energy in fun and constructive ways. Bring the outside in with an active transition game that uses children's natural interest in light and shadows.

Skills and Concepts

- creative movement
- large-motor development
- eye-hand coordination

What to Do

1. Turn off all or some of the lights and use a large flashlight or projector to shine a light across the room and onto a facing wall. Play some quiet instrumental music and invite children to move with their backs to the light.
2. Ask questions to inspire imagination in children's movements: "What do you notice on the wall?" (*shadows*) "How can you make your shadow move in interesting ways? What shapes can you make with your shadow friend? Can you make your shadow dance with someone else's shadow?"
3. Continue to guide children in their shadow play as you transition them to the next activity.



Variations

- **Music and Movements:** Change the type of music periodically to inspire different types of movement. Experiment with music from various cultures to see how the beat infuses children's movements.
- **Streamers and Scarves:** Add a fun prop such as streamers or scarves. These make wonderful shadows as children move them in the light.
- **Sunny Day Shadows:** Take children outside on a sunny day to play a game of shadow tag. In this game children have to tag one another's shadows instead of their bodies.