

Infant Movement: Shadow Box Dancing

Learning Value:

This activity promotes development and learning by encouraging children to use large muscles to explore and interact with the environment.

Materials Needed:

- ▶ Box
- ▶ Flashlight
- ▶ Scissors
- ▶ Light colored wall or light colored sheet hanging on the wall
- ▶ Dark room
- ▶ Dance music

Participants:

This activity is intended for adult/child interaction.

Directions:

Step 1: Place an open box on its side and cut out a hole through the bottom of the box, close to the floor, big enough for the flashlight to shine through.

Step 2: Place the box with the flashlight turned on facing the light colored wall or sheet. Turn the lights in the room off. (A darker room makes better shadows but it is fine to have some light so you can move safely.)

Step 3: Dance in front of the box and show your baby the shadows your bodies are making.

Bright Horizons.

World at Home