

# Toddler Movement: Shadow Box Scarf Twirling and Jumping

## Learning Value:

This activity promotes development and learning by encouraging children to use large muscles to move and balance own body

## Materials Needed:

- ▶ Box
- ▶ Flashlight
- ▶ Light colored wall or light color sheet hanging on the wall
- ▶ Dance music
- ▶ Scarves or Ribbons

## Participants:

This activity is intended for adult/child interaction and ongoing supervision.

## 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:** Give your toddler some scarves or ribbons and show them how to turn in circles and jump as they watch their shadow do the same actions.

**Extension:** Video record your child and show them the recording after. Have a conversation about the shadows.