

Social-Emotional Learning: Shadows Grow

Learning Value:

This activity promotes development and learning by encouraging children to develop a sense of identity and belonging.

Materials Needed:

- ▶ Sidewalk chalk, piece of rope, or stick
- ▶ Optional: baby photos of your child (electronic or printed)

Participants:

This activity is intended for parent/child interaction.



Directions:

Step 1: Go outside on a sunny day. Observe the length of your child's shadow. Mark it with sidewalk chalk, a piece of rope, or a stick.

Step 2: Return several times during the day and repeat. Is the shadow longer, shorter, or the same? Mark it each time.

Step 3: Talk with your child about why the shadow changes in length at various points in the day (because of the position of the sun). Talk about how your child continues to grow every day. Look at baby photos together and think about the things your child can do now that she couldn't do a year or more ago.

Bright Horizons.

World at Home