

4C's Weekly Activities February 7-11 Theme: Light and Shadows

Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
<p>Literacy Activity</p> <p>Bear Hunt Story</p> <p>Make your own bear cave using a blanket and while inside shine your flashlight on the sides of your cave. You can make shadow puppets by holding your hand in front of the light. Watch the shadows move. What animals do they look like?</p>	<p>Math Activity</p> <p>Flashlight freeze game</p> <p>One person holds the flashlight and the other moves around. Take turns holding the flashlight light and being the one to move. When you are touched by the light freeze! You can only unfreeze by counting backwards 5,4,3,2,1,0. Now play again and have fun taking turns.</p>	<p>Science Activity</p> <p>Shadow Science</p> <p>Materials. Flashlight, small toys and a cardboard box with hole cut in one end (optional)</p> <p>It's time to turn off the lights and explore shadow science! Turn off the light and turn on your flashlight. Set your animals near a wall and shine your flashlight on the animals. Can you see the animal shadows on the wall? Use your flashlight to experiment with the different shadows you can make</p>	<p>Art Activity</p> <p>Shadow Art</p> <p>Materials: sidewalk chalk</p> <p>Take a walk outside and watch for your shadow. Make your shadow jump and run and dance... Now use your playground chalk to draw your shadow. Have fun filling in your shadow with a face, clothes, shoes, what else can you add? Use your imagination.</p>	<p>Social Emotional/Movement Activity</p> <p>Share Some kindness, Bring Some Light</p> <p>Listen to this story written by Apryl Stott</p> <p>Materials: paper and pencil</p> <p>How can you share some kindness and bring light to your family? This story had lots of ideas how to bring kindness. Make a list of ways to bring kindness and pick one to do. That is your activity for the day! How did it feel to plan your own activity to share kindness with someone in your family? How did your family feel?</p>

