

Play-based
learning at
home

Body Shadow Chalk Drawing Experience

Why body shadow chalk drawing?

Shadow drawing is a simple experience for children to explore the make up and shape of their bodies. It can be done outdoors and is fun for everyone.

Shadow drawing helps to develop:

- A simple understanding of the concept of shadows.
- Body Awareness.
- An understanding about body features and what they can do and a sense of ownership - "That's me!"

Here's what you'll need:

- Sunlight casting shadows.
- Chalk any size and colours.
- A pathway or deck to draw on.

Here's how to start:

- Point out your child's shadow on a pathway or deck.

- Encourage your child to move parts of their body and observe the moving shadow.
- Demonstrate by moving your shadow.
- Talk with your child about how shadows are made.
- Try to step on each other's shadow.

Here's how to do it:

- Talk about how we make shadows and how your child can see the outline of their body.
- Encourage your child to freeze in a pose of their choice and use chalk to trace around their shadow.
- Encourage your child to add details to the drawing such as eyes, nose, mouth, hair, ears, clothes etc.
- Leave your body chalk drawing for the rain to wash away.

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