



DARK AND LIGHT TORCH PLAY

Suits ages 22–60 months



What you'll need:

1. Torches
2. Blankets or throws. A small tent also works
3. Furniture to create a den such as a table or chairs
4. iPod or music player

What you do:

1. Start by creating a theatre in a dark den – chairs and blankets, or underneath a table are a perfect setting.
2. Give your child the torches and let them explore the space around them whilst encouraging them to turn the torch on and off and describe what they can see. Why not encourage them to look at the shadows made when they put their fingers in front of the light, moving them both closer and further away.
3. To extend this activity, how about turning on the music to see how the children move their bodies to the music, watching their shadows dance in the dark.

This activity is perfect for exploring both light and dark, shadows and silhouettes. It gives the child an alternative perspective, utilizing simple technology. The opportunity for the child to describe what they see is also an opportunity for the adult to add in rich new language.

You can also take this activity outside and use a tent in the garden early evening as it starts to get darker or cover it with blankets to keep out the sun.