

**Bright Horizons.**

# World at Home

## Preschool – Week of April 27<sup>th</sup> 2020

*This week we will focus on **Light and Shadow***

### Getting Ready

We know that children thrive with routine, especially when there are big changes around them. *World at Home* lesson plans have been designed to bring the comforting rhythms of our **Bright Horizons**® child care centers right into your home, with guided learning opportunities that follow a similar schedule to that of our classrooms. We know there is a lot here to digest. Our intent is for you to use what works for you. Think about all the things you need to accomplish while you are at home, and add in as much activity as you feel supports your child's needs and your own. Change the schedule to meet your needs, choose activities you think your child will love and skip the others, or follow this plan as it is. Our goal is to support your child's learning, even while you are safely at home.

### Helpful Resources

- ▶ All of our World at Home resources <https://worldathome.brighthouse.com/>
- ▶ World at Home Family Guide ([https://www.brighthouse.com/-/media/BH-New/WorldatHome/324Content/WorldatHome\\_FamilyGuide2](https://www.brighthouse.com/-/media/BH-New/WorldatHome/324Content/WorldatHome_FamilyGuide2))
- ▶ Tips on scheduling your day [https://www.brighthouse.com/-/media/BH-New/WorldatHome/324Content/WorldatHome\\_SchedulingTips2](https://www.brighthouse.com/-/media/BH-New/WorldatHome/324Content/WorldatHome_SchedulingTips2)
- ▶ World at Home Family Webinar schedule <https://www.brighthouse.com/-/media/BH-New/WorldatHome/47Content/WorldatHomeFamilyWebinarSchedule>
- ▶ This week: Register here for [Learning Beyond the Worksheet](#) or [Raising Kids with High EQ](#)
- ▶ Family resources for life at home – including stress management and talking to children in difficult times <https://www.brighthouse.com/life-at-home>

## Weekly Materials List

(In addition to items from the **General Materials List** posted [here](#).)

- ▶ Craft sticks
- ▶ Clear storage container
- ▶ LED lights/flashlight/flameless tea lights
- ▶ Transparent paper
- ▶ Scissors
- ▶ Plastic bracelets
- ▶ Colored cellophane
- ▶ Reusable ice cubes

## Weekly Prop Box and Open-Ended Materials

### Explanation/theme

There are many items that offer children an exploration of light, many of them reacting to light in different ways. Give your child a flashlight and let them look for and gather materials that reflect, block, or change the angle of light. Safe and moveable items can be put into a bin or basket for the week for them to test and experiment.

### Materials

- ▶ Flashlight or other light source
- ▶ Items like child-safe mirrors, metal spoons, scarves, translucent toys, and many more can be added to your child's prop box for experimentation.

## Light and Shadow Focus

This week's topic of emphasizes children's scientific, creative, and artistic discoveries regarding shadows and light. As you embark on this topic with your child, you will focus on active, hands-on engagement in STEM, visual arts, and drama. Key to investigating shadows and light is to join in with your child, inspire their thinking and explorations, and work with them to understand and document their learning through dictations, drawing, photography, or any means that you or your child desires. Activities will continue to help children grow in every area of development. Read through the activities and experiences and find ways to engage in the joy and wonder of this topic; as there is ample opportunity to learn, share, and discover together.

Early Morning	Prepare for the day
Early Morning	Breakfast
Mid-Morning	STEM: Light It Up
Late Morning	Language: Library Lion
Late Morning	Get outside!
Noon	Lunch
Early Afternoon	Quiet time – nap, read, or listen to an audio book
Mid-Afternoon	Virtual Field Trip: Northern Lights
Late Afternoon	Language: Shadow Puppets

## Questions and Extension Activities

### Open-ended questions to start the day

- ▶ Today we are going to explore shadows. We're going to see if we can make shadows that look like animals. How do you think we could make those shadows? What do you predict they will look like?

### Extend the Learning

- ▶ Give your child a flashlight and encourage them to see what sorts of shadows different items make. You may even consider an evening walk together. Seek out shadows around streetlight areas, etc.

### Conversation around the dinner table

- ▶ We noticed a lot of shadows today as we played. How is a shadow made? Can you see shadows in the dark? How did you change the way the animal shadows appeared today?

Early Morning	Prepare for the day
Early Morning	Breakfast
Mid-Morning	Math: Window Art
Late Morning	STEM: Light It Up
Late Morning	Get outside!
Noon	Lunch
Early Afternoon	Quiet time – nap, read, or listen to an audio book
Mid-Afternoon	Language: Shadow Puppets
Late Afternoon	Music & Movement: If You're Happy and You Know It

## Questions and Extension Activities

### Open-ended questions to start the day

- ▶ Today you are going to play with shadows and make them dance! How can we move our hands or bodies to make the shadows dance? What kind of music would shadows dance to?

### Extend the Learning

- ▶ Combine yesterday's shadow puppets activity with movement by encouraging your child to make the shadows they create – whether with their hands or bodies – dance. Encourage children to move in different ways, to move their shadows fast or slow, or to match their movements with the beat and rhythm of music.

### Conversation around the dinner table

- ▶ With music to inspire us, we made shadows dance today by moving our hands and bodies. Can light dance too? Shine a light through a glass of water and see if you think it can!

# Light and Shadow – Wednesday

Early Morning	Prepare for the day
Early Morning	Breakfast
Mid-Morning	Language: Light Table Letters
Late Morning	Math: Marshmallow Building
Late Morning	Get outside!
Noon	Lunch
Early Afternoon	Quiet time – nap, read, or listen to an audio book
Late Afternoon	Family Cooking: Pancakes with Static Sandy

## Questions and Extension Activities

### Open-ended questions to start the day

- ▶ Today we are going to build something tall with play dough or marshmallows. How will we get it to stand tall? Predict if you think it will make a shadow or not.

### Extend the Learning

- ▶ Now that you've started noticing the shadows all around you, see if you can make a shadow grow bigger or smaller. Experiment together. What is the biggest shadow you can make with an object? What about the smallest shadow?

### Conversation around the dinner table

- ▶ How did you get your play dough or marshmallow creation to stand tall today? What worked well? What didn't work? Were you able to find its shadow? Why or why not?

# Light and Shadow – Thursday

Early Morning	Prepare for the day
Early Morning	Breakfast
Mid-Morning	Language: Light Table Letters
Late Morning	Science Rocks: Suncatcher
Late Morning	Get outside!
Noon	Lunch
Early Afternoon	Quiet time – nap, read, or listen to an audio book
Mid-Afternoon	Yoga & Mindfulness: Roll and Pose Yoga
Late Afternoon	Language: When You Just Have to Roar!

## Questions and Extension Activities

### Open-ended questions to start the day

- ▶ When we think about the color of light, our first thought might be that it is a bright white or yellow, but light can be many colors. Today you are going to see if you can find lights in different colors.

### Extend the Learning

- ▶ Go on a scavenger hunt together to see if they you can find where light has changed color. Indoors, you could do this on your light table, in a kaleidoscope, or by shining a flashlight through an etched window or your sun catcher. Outside, maybe you can find a rainbow or spot a stained glass window in your neighborhood.

### Conversation around the dinner table

- ▶ Today we looked for lights of different colors. Can shadows be different colors? What is the color of your shadow right now? Can you see a face in your shadow?

Early Morning	Prepare for the day
Early Morning	Breakfast
Mid-Morning	Social-Emotional Learning: Shadows Grow
Late Morning	Art: Shadow Sidewalk Chalk
Late Morning	Get outside!
Noon	Lunch
Early Afternoon	Quiet time – nap, read, or listen to an audio book
Mid-Afternoon	Toward a Better World: Sidewalk Chalk Love
Late Afternoon	Art: You Light Up My Table

## Questions and Extension Activities

### Open-ended questions to start the day

- ▶ Today you are going to go outside several times and notice what happens with your shadow. What do you predict you'll see?

### Extend the Learning

- ▶ Repeat this activity on more of an overcast day. Do you get the same results as on a sunny day? Why or why not?

### Conversation around the dinner table

- ▶ When we checked your shadow at different times today, we noticed some changes. Why do you think that happened? You continue to grow and change every day too. What are some things you can do now that you couldn't do last year? What are some things you can't do yet but you are looking forward to doing?