

## Groundhog's Day

In celebration of Groundhog's Day, let's have some fun finding our shadows, watching how they move and creating shadows for play. These activities work on visual-sensory input, motor imitation, fine and gross motor skills and coordination.

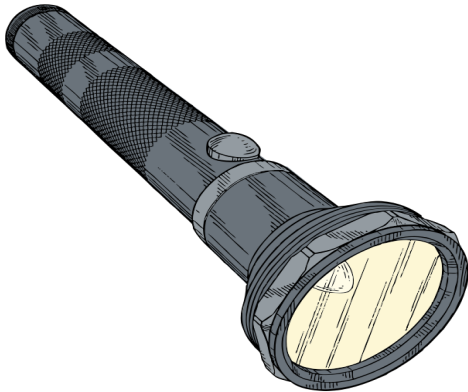


On a bright, sunny day:

Go outside and find your shadow.

Watch what happens when you:

- Move closer to your shadow
- Move further from your shadow
- Stand like an "X"
- Stand like an "I"
- Jump up and down
- Walk next to your shadow
- RUN!
- Most important, HAVE FUN!



Indoors: Use a flashlight in a dark room of stand in the path of the sun shining through a window onto a wall.

**Simon Says:** Have Simon say or model the command. The player will create the shadow on the wall (Be an X, Stand like this...)

**Visual-Sensory Feedback:** Use magna tiles in the path of the light to change the color.

**Shadow Animals:** Create shadow animals on the wall. There are internet sites to help you learn how to make them. Name the animal, move like the animal, talk about where the animal lives, what it eats, etc.

**Move:**

**Jump:** Crouch, jump, walk sideways across the path of the light. See what happens to your shadow. Model this to your child and help as needed.

**Pictures:** With a dark marker, draw on a page protector and project the image. Play with numbers, shapes, letters, pictures and talk about the image. Have your child trace the image with his/her fingers.