



## VIRTUAL CHILDCARE PARENT SUPPORT SERVICES

**VOLUME #6  
EXPLORING LIGHT**

### HELLO PARENTS,

This newsletter contains all sorts of activities for your children to have fun and explore light. These activities can be done using simple objects you can find at home. Encourage your child to experiment with light and learn about shadows and colours.

### ACTIVITIES

#### INFANTS (3 - 18 MONTHS)

##### FLASHLIGHT ACTIVITY

###### MATERIALS:

- Flashlight
- Pieces of clothing of different colours

###### DIRECTIONS:

- With your baby, put the flashlight on while room lights are off or dimmed and let your child explore the light.
- Put the flashlight inside different pieces of clothing and watch how the light changes the colours.
- Let your baby enjoy the shadows, the colours and the light.

For more light activities [click here](#).

#### TODDLERS (19 MONTHS – 2.5 YEARS)

##### SHADOW ACTIVITY

###### MATERIALS:

- Flashlight
- Random toys

###### DIRECTIONS:

- Turn the room lights off.
- Bring any of your child's toys and hold them against the wall.
- Turn the flashlight on for your child and let them explore the shadow of their toys on the wall.
- You can also show your child his own shadow.
- Ask your child what they think it is.
- It is a fun activity for your child to learn about shadows.

For more light activities [click here](#).

### A TIP FOR TODAY

#### DID YOU KNOW?

Did you know that Vitamin D comes from the sun? When your skin is exposed to sunlight, it makes vitamin D from cholesterol in your body. The sun's ultraviolet B (UVB) rays hit cholesterol in the skin cells, providing the energy for vitamin D synthesis to occur.

#### Foods that provide vitamin D include:

Fatty fish: tuna, mackerel, and salmon.

Foods fortified with vitamin D: some dairy products, orange juice, soy milk, and cereals.

Beef liver

Cheese

Egg yolks

Vegetables:

broccoli, avocado, green peppers, carrots, squash.

#### PRESCHOOLERS (2.5 – 5 YEARS)

##### FLASHLIGHT AND DIFFERENT PATTERNS

###### MATERIALS:

- Flashlight
- Strainer, paper
- Pen or pencil

###### DIRECTIONS:

- Turn the room light off, turn the flashlight on and put it inside the strainer. Let your child watch all the different light patterns on the wall or ceiling as a result of the strainer holes.
- Give your child a pen or a pencil and let them poke a piece of paper to create different size holes and repeat the above activity but this time using the paper.

For more fun light activities [click here](#).

#### JK/SK (4 – 6 YEARS)

##### SHADOW DRAWING WITH LEGO

###### MATERIALS:

- Lego or plastic blocks
- Paper and pencil
- Flashlight

###### DIRECTIONS:

- Have your child build towers from Lego or other blocks on a piece of white paper.
- After done building, turn the flashlight on and point it to Lego building - your child will start seeing the shadow of the building on the paper.
- Have your child draw the outline of the shadow of the building on the paper while the flashlight is on. It is a fun challenge and, at the same time, a great way to learn about shadows.

For more fun light activities [click here](#).

#### SCHOOL-AGERS (6 – 12 YEARS)

##### RAINBOW ACTIVITY WITH CD

###### MATERIALS:

- Old CD
- Flashlight
- Scissors
- Pencil
- Tape
- Paper

###### DIRECTIONS:

- In the beginning, shine the flashlight on the old CD and point it to the wall. You will see a colourful rainbow reflection on the wall.
- To make the experience more interesting, trace the CD shape on a piece of white paper using the pencils.
- Cut the traced shape of the CD to make snowflakes, hearts or any other shapes.
- Tape the traced shape to the CD and shine the flashlight at it, and see the rainbow mixed with the shape that you created on the wall.
- This activity is a fun way of exploring rainbow colours using old CDs.

For more fun light activities [click here](#).

**WE WOULD LIKE TO HEAR FROM YOU!**  
PLEASE, SEND US YOUR FEEDBACK, COMMENTS OR  
SUGGESTIONS TO [CHILDCAREMAIN@NCCE1.ORG](mailto:CHILDCAREMAIN@NCCE1.ORG)



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