

NATURE WALK

Go for a walk through your local woodland. Look up at the leafless canopy and clouds as they pass over.

RECIPES TO TRY

Have a late Autumn picnic by cooking some baked potatoes and wrapping them in foil to take with you on a nature walk. You could add tuna, cheese, roasted vegetables

Garden Jobs

Make a sketch of your garden and where you've planted your spring bulbs. Spend time reflecting on what's gone well this year.

Collect

Black and white objects around you.

Book Ideas

I'm not going out there by Paul Bright Can't you sleep little bear? by Martin Waddel The owl who was afraid of the dark by Jill Tomlinson

Provision and Provocations

Add a star projector into your provision. Set up a provocation with contrasting black and white resources on to explore.

Add star fairy lights into mason jars and display around the room.

Look at the different sources of light all around us how many can we spot? If the interest progresses create a simple circuit with a bulb in it and talk about electricity.

Talk about how being in the dark and how it makes you feel. Sharing the story of Can't you sleep little bear and The owl who was afraid of the dark. Share your stories using a torch and just keep fairy lights on in the background.

Go out into the dark and let your eyes adjust to the light. Talk about how the other senses are heightened. Why not create a blindfolded sensory trail.

Explore light and shadow with an overhead projector and create your own shadow puppets or chandelier.



Light play provides some excellent opportunities in your setting for children show some natural curiosity around science, engineering and wonder. Here are some resources you might like to audit your lighting play for...

- Light box
- · Over head projector
- Torches (range of coloured lights)
- Shadow Puppets

Variety of loose parts to add to your light box;

- Shiny and reflective resources
- · Coloured glass gems
- Twigs of varying lengths
- Mirrors
- Foliage
- Small world characters and buildings
- Plastic ice cubes
- Coloured counters
- · Sweet wrappers/cellophane
- Coloured cocktail stirrers
- Coloured plastic shot glasses
- Variety of buttons
- Paper doilies

Creative opportunities on the light box;

- Water beads
- Paint
- Black sand
- · Eco glitter
- Clay





