



Family Activities

Title: **My Shadow**

Author: **Robert Louis Stevenson**

Illustrator: **Ted Rand**

This is an illustrated version of the poem in which a child describes her relationship with her shadow. The episode examines the interplay of light and shadows — how they work, where they come from, and how they create such beautiful imagery together. LeVar shows how light and shadow can be used to tell the time, meets a shadow artist who creates shadow puppets, and visits a photographer who tells about her work.

Here are several activities you and your child can do together after watching this episode.

Snowfall Silhouettes

Simple, snowy silhouettes have a wonderful shadowy effect.

You will need:

- black construction paper
- white art paper
- glue

Tear white paper into various shapes to create winter scenes. Glue the torn shapes onto the black construction paper. Bits of torn paper can be glued to the background of the scene to give the illusion of falling snow.

Shadow Tag

Tag, you're it! Play a variation of the popular game on the next sunny day. In place of tagging the person you are chasing, step on their shadow instead.

Sun Photography

Go on a walk and collect an assortment of interesting leaves. Then at home, everyone can help arrange the leaves in interesting patterns on dark-colored construction paper. Place the leaf arrangements in a bright, sunny window. After a few days of bright sunshine, remove the leaves and see what the sunlight has created on the paper

Shadow Performance

Hang a sheet across a doorway. Put a light behind the sheet. Then each family member can take a turn having fun by creating different shadows while standing



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between the light and the sheet. The “audience” can sit in front of the sheet to watch the performance.

Visit Your Community Library

Here is a book you can check out on your next trip to the library:

Shadows and Reflections by Tana Hoban