Activities for "My Shadow"

Put on a Puppet Shadow Show

Making shadow puppets is a form of shadow art that makes experimenting with blocking light and creating shadows fun for kids. You can create a shadow puppet theater and host a puppet show at home or in the classroom.
Fun Shadow Activities and Experiments for Kids - Rhythms of Play

Draw Your Shadow

Take children outside and invite them to observe how their shadows change with light. Work in pairs, have one child stand while the other traces their shadow, then switch roles and compare results. A simple, engaging STEAM activity blending art, science, and observation!
Shadow Activities For Preschoolers - Little Bins for Little Hands

Dance With Your Shadow

Put on fun music in a sunny outdoor space where children can see their shadows and dance alongside them. Add shaker eggs or other simple instruments to build rhythm and energy. For extra fun, pause the music at intervals and invite everyone to freeze in place—watching their "frozen" shadows often leads to plenty of giggles!

Visual Shadow Game

Use a flashlight or lamp to cast shadows of familiar objects onto a wall or sheet. Have children guess what each shadow might be before revealing the object. Let children take turns being "the Shadow Maker." This fun game builds observation skills, visual perception, and early critical thinking through play.

Shadow Stained Glass Craft

A design, such as a butterfly, is cut out from a piece of cardboard, leaving open spaces where colored cellophane is attached. When placed in front of a light source, such as a window or flashlight, the cellophane allows light to pass through, casting colorful shadows onto a surface.
25 Creative Shadow Activity Ideas for Curious Preschoolers - Education Corner