



# WEEK 1: THE SUN

Two Happy Hours this week · Sessions 1B · Ages 2.5–4 · Max 10 children

## Happy Hour 1B: Shadow Magic

*"Light, dark, and the mysterious shadows that follow us everywhere!"*

TIME	PHASE	WHAT TO DO
0–10 min	☐ ☐ <b>WELCOME CIRCLE</b>	<ol style="list-style-type: none"> <li>Greet at the door: 'Welcome back, sunshine friends!' If new families, do quick name-around circle.</li> <li>Warm-up song: 'If You're Happy and You Know It' — use sun-themed actions: 'If you're happy and you know it, SHINE YOUR ARMS! (arms wide)... WARM YOUR HANDS! (rub hands)... YELL SUNSHINE! (shout).'</li> <li>Quick vocabulary review from Happy Hour 1A (if same children): hold up flashcard and children call out. If new children, introduce: SUN, HOT, WARM, BRIGHT, YELLOW.</li> </ol>
10–22 min	☐ ☐ <b>SHADOW DISCOVERY</b>	<ol style="list-style-type: none"> <li>Use a torch (or take group to a sunny window). Show your hand shadow on the wall. 'Look — a SHADOW! A shadow is a dark shape. It follows the light!'</li> <li>Vocabulary: SHADOW, DARK, LIGHT, BIG, SMALL. Show how moving your hand closer makes the shadow BIGGER, further makes it SMALLER.</li> <li>Children take turns making hand shadows. Cheer every one: 'Wow — a BIG shadow! A tiny shadow! It's a BIRD!' Parents can join in.</li> <li>Chant together: 'Shadow, shadow, where are you? / Here I am, here I am, following YOU!'</li> </ol>
22–44 min	☐ ☐ <b>CRAFT — SHADOW SILHOUETTE</b>	<ol style="list-style-type: none"> <li>Each child sits side-on to a large piece of white paper taped to the wall. Torch (or lamp) shines on their profile — their shadow falls on the paper.</li> <li>Parent or teacher traces the child's head silhouette quickly with a pencil. Child moves away — they see their own outline!</li> <li>Children fill their silhouette with yellow, orange, and gold crayons/paint (a sunshine face!). Add star stickers around the outside for 'light rays.'</li> <li>Write child's name on the back. These make wonderful keepsakes and are a quiet talking point: 'That's YOUR shadow — your shape!'</li> </ol>
44–54 min	☐ ☐ <b>GAME — TORCH FREEZE</b>	<ol style="list-style-type: none"> <li>Dim the room slightly. Teacher has a torch. Children dance freely to music.</li> <li>When teacher shines the torch on a child — they FREEZE like a shadow statue.</li> <li>Teacher says: 'Hello, shadow! Are you BIG or SMALL? Are you HOT or COLD?' Child answers (or points or nods/shakes head — all communication counts).</li> <li>Torch moves — child unfreezes and dances again. Keep it joyful and fast-moving.</li> </ol>
54–60 min	☐ ☐ <b>GOODBYE &amp; SEND-OFF</b>	<ol style="list-style-type: none"> <li>Sit in circle, hold up silhouette artworks: 'Look at all our SHADOWS!'</li> <li>Goodbye chant with clapping: 'Shadow, shadow, bye-bye! Sun, sun, shine HIGH! See you next time — goodbye!'</li> <li>Take-home: silhouette artwork + parent note: '☐ ☐ Today: SHADOW, DARK, LIGHT, BIG, SMALL. Try this at home: shine a torch on the wall at bedtime and make shadow animals together!'</li> </ol>

### ☐ ☐ MATERIALS NEEDED FOR THIS HAPPY HOUR

- 1 strong torch or clip-on lamp
- Large white paper sheets (A2 or bigger) — 1 per child
- Tape (to secure paper to wall)
- Pencils for tracing silhouettes
- Yellow, orange, gold crayons
- Gold and star stickers
- A small Bluetooth speaker for dance music (optional)
- Take-home parent cards