

# First Light at Home



**Here's a playful guide to recreating the magic of First Light at home using simple household items. These activities encourage sensory exploration for babies, using light, shadow and reflection.**

### **Activity 1: Dancing Light Box**

**Create light shapes that dance and flicker.**

#### **What you will need:**

Bike light, cardboard box, tape

#### **How to play:**

Cut small shapes or holes into the sides and lid of the cardboard box. Secure the bike light to the inside of the box with sellotape and seal the box. Wiggle your fingers over the holes to make the light dance or try the bike light on flashing mode. Explore the light box in a den or darker, cosy space to enhance the experience.



## Activity 2: Shiny Reflections

Discover reflections using shiny, everyday items.

### What you will need:

Torch, reflective items (such as foil), metal bowl, large spoon or small mirror

### How to play:

Shine your light onto the reflective objects and gently turn or tilt them to create reflections on the wall or ceiling. Experiment with the items to see how each one reflects the light differently. If you don't have a dark enough room, then line the inside of a shoe box with foil and shine the torch inside the box.

## Activity 3: Shadow Movement

Bring found objects to life with shadows that move and change shape.

### What you will need:

Wire hanger, string, small found objects (such as a feather, dried leaves, cutout cardboard shapes), torch or lamp

### How to play:

Attach string to each of the items or cutouts. Tie them at varying lengths on the hanger to create a mobile. In a dimly lit room, hang your mobile where it can move freely. Position the light source to create shadows that move and change across the walls and ceiling. Discover how the light from different angles changes the shadows.

## Activity 4: Add Sound

Enhance the experience with sound from the show.

Why not try each activity with accompanying sound from First Light? Simply scan the QR Code below to access the sound Colour Waking Up.



## Tips for Exploration

### Follow their lead:

Watch where your baby's attention goes and allow them to engage at their own pace. Support and encourage their response.

### Repeat and vary:

Repeat activities with small changes to keep things fresh and exciting. Try using different colours, new movements or use another room in your home.

### Enjoy yourself:

Relax and enjoy the experience together with your little one.

### Safety warning

Please ensure all activities are closely supervised by an adult at all times. Avoid shining lights directly into your baby's eyes. Be mindful of small objects and materials that could pose a choking hazard, and check that all items are safe and non-toxic. Always use low-heat lights and double-check that reflective objects (like foil or metal items) are safe for baby to touch if they reach for them.

First Light was co-created by Daniel Naddafy and Marty Langthorne. They also put together this Activity Sheet for you to extend the fun at home.