

# UNDER THE CANOPY

Welcome to our Second Newsletter



## ***Exploration:***

***"noun: the act of traveling to a place or searching a place in order to learn about it:  
(Cambridge Dictionary)***

Hello and welcome to our Autumn 2 newsletter. We all had such an exciting learning journey in Autumn 1 and we can't wait to begin again after half term.

Our next overarching theme will be *Exploration* which is another of our core values. We will be exploring and learning more about the fauna and flora in our Forest School space and as Autumn slowly moves into winter we will watch and discover how our Forest School site changes.

***"Winter is a season of recovery and preparation."  
(Paul Theroux)***

*Autumn Hazel leaves*



In Autumn 1 it was wonderful to watch the children explore and discover our site. They settled into our routines and each of them showed a real love for the outdoors. They connected as a group, built and developed friendships, confidence, self-esteem and self-belief.

It doesn't matter how low the light levels might get on a grey winter's day, time outside dressed in the right clothing, increases serotonin in the brain, lowers stress levels and can alter levels of mood-boosting neurotransmitters. Like the Danish word "Hygge" this time of the year creates a very special atmosphere and experience. We will embrace this by beginning to introduce the fire pit, warm drinks and cooking.

Again, we have included in this newsletter an activity that you might like to do with your child at home which draws on and celebrates the amazing shadows that we get at this time of the year.

In the winter, the northern part of Earth is tilted away from the Sun. This means that sunlight is not coming in as directly. So, shadows during the winter are longer. I have always loved playing with shadows in the winter. Especially as a vertically challenged individual, suddenly my shadow has the long legs that I have always dreamed about having.

Across the world many celebrations of "light" take place in November and December so making shadow puppets and exploring shadow art just feels like a perfect activity that I hope you will enjoy engaging in with your child at home.

Thank you all so much for your support and we look forward to sharing the learning journey that the children take us on in Autumn 2.

Emma Clode



# SHADOW ART IDEAS



## Capture Nature with Shadow Art

The shadows trees make with their trunks and branches can be pretty beautiful. Lay out a long piece of paper next to a tree on a sunny day and watch your kiddo create tree shapes by outlining the shadow.



## Shadow Drawing Toys

The challenge with how to draw a shadow is that you need the shadow to be cast by the subject of the drawing, but then your shadow (or your child's shadow) can't obscure that during the drawing process.



## Silhouette Portraits

For this shadow art project, tape a piece of paper to the wall. Then have one of your kids sit with their face in profile. Setup a flashlight to create a shadow of their profile and have another trace the shadow on the paper. Have them finish the project by colouring in the silhouette in black.



## Shadow Puppets

Draw an outline of a puppet character onto some black paper or card. Attach a lolly pop stick high up on your character to make it stable. Illuminate a wall with a bright light and place your puppet in-between the light and the wall to create a shadow. Use to tell a story.