In the Sunshine

Sunshine is vital to a child’s physical health. It also offers endless opportunities for play and discovery. Here are some sunny day activities to encourage exploring outdoors with your little one.

**Ideas & Tips**

- Take a walk on a sunny day, and show your child the shadows of your bodies and hands. Look for other shadows cast by animals, houses, and vehicles. Do the shadows look the same as their objects? Are the shadows long or short?
- Blow bubbles outside and point out the iridescent swirls. What colors do you see? Count the bubbles and talk about their relative sizes.
- Watch the sky together during a sunset. Notice the changing colors and how the day grows dark.
- Visit a local park for a picnic. Feel the warmth of the sun. If the day is breezy, fly a kite or watch a pinwheel spin!

**More Books**

- *Hello, Day!* by Anita Lobel
- *Sun* by Carol Thompson
- *Sunshine Brightens Springtime* by Charles Ghigna
- *What the Sun Sees; What the Moon Sees* by Nancy Tafuri

**Bright Sun**

(Sing to “Row, Row, Row Your Boat”)
Bright sun shining down,
Shining on the ground.
What a lovely face you have,
Yellow, big and round.

Get going today!

Find more info, book suggestions and other activity sheets at babybooks.pcls.us