



# Life-Skills: Day/Night

## Ages 1 year to 2 years

**Objective:** The child builds the concept of day and night after doing a demonstration with a light on and off. The child builds cause and effect.

### Materials needed:

Dark room  
1 flash light

### Procedures

1. Sit on the floor with your child for this activity in a room that get's somewhat darker, with very limited windows (close them) or doors.
2. Sit your child in your lap. Hold flashlight away from your child's eyes at all times to avoid injury. Best is to point the flashlight when doing this activity up at the ceiling or on the wall.
3. Turn the flashlight on. Tell your child. "Light on. It is daytime. Eyes open. See the light" while pointing to the light on the ceiling. Wiggle the flashlight around to gain your child's attention.
4. Let your child try to turn it on for "daytime."



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5. Now turn the flashlight off. Tell your child.

"Light off. It is night time. Shhh. Eyes closed. No light." Let your child try to turn it off for night.

6. Continue about 3 or 4 more times, consistently doing and teaching this same way. This is called repetition. This kind of teaching technique helps build a young child's retention and comprehension of concepts such as night and day - light on and off.

7. If possible, shine the flashlight towards the floor. When the light goes on, make hand shadow-puppets in the light and "imitate them talking" to your child for extra learning fun & cause/effect!

### **Milestones to meet:**

The child reacts to a light on and light off. The child makes a connection to light on is day-we can see, and light off is night-we can not see (aka-eyes are closed)

### **Evaluation:**

Did this lesson work for your child? Why or why not?