

# Simple Activities for Children and Adolescents

## Activities that require limited supplies for nighttime or dark areas:

\_\_\_ Play "Shadow Puppets." Create shadow puppets using a flashlight and your hands.

\_\_\_ Play "Shadow Drawing." Tape large sheets of paper on the wall. Have your child stand in front of the paper. Using a flashlight, cast a shadow on the paper. You or other children can trace the child's shadow on the paper. Then have your children color or draw in the features.

\_\_\_ Play "Museum After Dark." The "museum guide" has a flashlight. The rest of the players spread out and strike interesting poses as if they are a piece of art. The museum guide walks around and examines each piece of art using funny words to describe what they see. If the museum guide can make the "Art" laugh or move that person becomes the new guide.



\_\_\_ Play "Sleeping Pirate." The "pirate" has the flashlight and sits at one end of the playing area with treasure (any objects the group chooses). The other players line up in the corner of the other end of the room. Each player tries to sneak up and take the treasure from the pirate without being heard. If the pirate hears a sound, they shine the flashlight in that direction. If the light tags a player he must go back to the starting line. The first player to get one of the treasures becomes the new pirate.

\_\_\_ Play "Flashlight Scavenger Hunt." Call out different objects in the dark room or other clues for the players to find. The first person to shine their light on that object then gets to pick the next object.