



Helium Arts

CREATIVITY CHANGES LIVES



Shadow Drawing

FOR CHILDREN AGED 6-8 YEARS





OVERVIEW

ACTIVITY

Shadow Drawing

DESCRIPTION

Video + Instructions

MATERIALS

Household objects, lamp or strong lightsource (the sun), pencil and colouring utensils

FOR PARENTS & CAREGIVERS

- 🕒 Parental guidance level (apx) 3/10 (suggested guidance for set-up)
- 👤 There are 2 Possible versions of doing this activity

This shadow drawing activity can be done outside or indoors simply by using objects found in your household and some simple drawing utensils (like pens, pencils, and markers).

Objects should be solid, or mostly solid for this to work well, and make sure they can be easily stacked or placed on top of each other (unbreakable ones are best!).

Examples: small boxes, plastic cups, balls, toys, action figures, plants, etc.

Once you have your objects there are two versions you can try for this activity at home.

Get creative and share your pictures by emailing Artist Chelsea at chelsea@helium.ie

VERSION 1

Materials:

Unlined paper, white/light colours work best (A4 or larger)

Non-breakable Household Objects

Drawing Utensils (markers, pens, pencils, crayons)

Version 1 - Outdoors (requires a sunny day)

1. If you have the ability to go outdoors in a garden or free open space, take a few of your objects with you, your drawing utensils, a few sheets of paper (the larger the better cause then you can fit more objects), and 2 heavy objects (like rocks or books, these will weigh down the corners of your paper).

2. Once you're outside, turn your back to the sun so that you can see your shadow, then place your paper on the ground at your feet and pin it down with the heavier objects.

3. Then at the bottom edge of your paper stack or place your objects so that their shadows project onto the paper in funny or interesting shapes (hint: you can give yourself a challenge, make a city-scape, make an animal, make a house, make a landscape, etc).

4. Once you have your objects projecting their shadows onto the paper, take your drawing utensils and trace the outside lines, or any other lines you've created with the shadows.

5. Then take the shadow making objects away and you can colour this (outside or inside depending on the weather and time) or you can reshape your objects and project another set of shadows on top of the first ones.

Try both ways and see what you like best.

Additional Versions or Challenges:

Forget the paper... just use chalk!

Try tracing a parent or sibling in different poses.

Try making a figure or animal from many different objects.

Use coloured papers to make puppet figures.

VERSION 2

Materials:

Unlined paper, white/light colours work best (A4 or larger)
Non-breakable Household Objects
Drawing Utensils (markers, pens, pencils, crayons)
Tape/blue tac
Lamp/Torch

Version 2 – Indoors (requires Lamp/Torch)

1. Collect some objects from around your household. You'll need unlined paper, and several objects as well as drawing utensils and 2 flat surfaces perpendicular to each other

Example: a table up against a wall, a deep window sill, or an empty bookshelf.

2. Once you have these, pin your paper up on the wall so that it is as close as possible to touching the flat surface.

3. Set up your torch or lamp so that it projects (directionally points) on to the paper.

4. Then place your objects so that their shadows will project onto the paper in funny or interesting shapes. This might take a little bit of moving closer and further away from the paper to get it right.

(hint: you can give yourself a challenge, make a city-scape, make an animal, make a house, make a landscape, etc).

5. Once you have your objects projecting their shadows onto the paper, take your drawing utensils and trace the outside lines, or any other lines you've created with the shadows.

6. Then take the shadow making objects away and you can colour this or you can reshape your objects and project another set of shadows on top of the first ones.

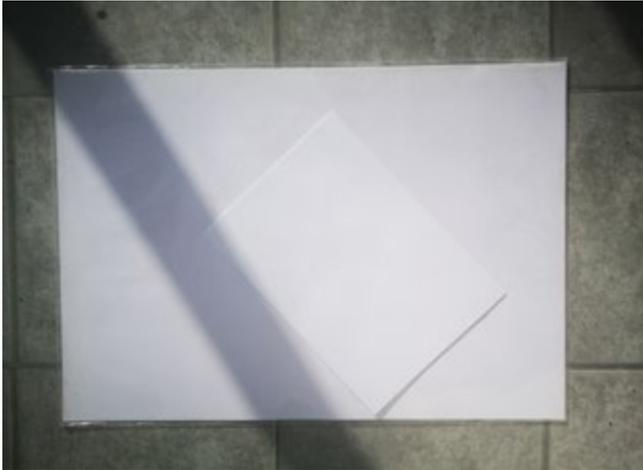
7. Don't forget to colour or make more lines and texture inside the tracings when you're done to complete the image.

FOR CHILDREN VERSION 1



Bits you need (materials):

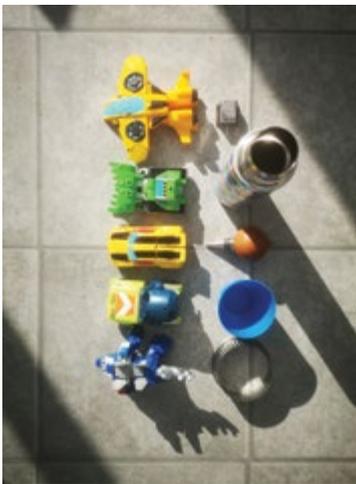
Paper



Something to Draw/Colour with



Household Objects



INSTRUCTIONS:

Steps

Instruction

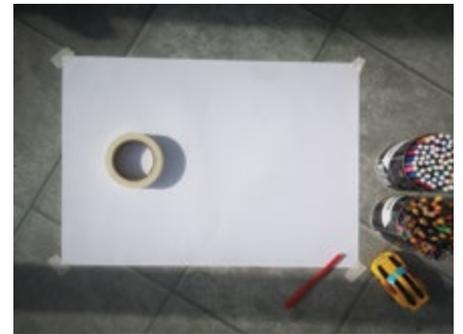
Step 1

Have an adult help you find objects and other bits you need.



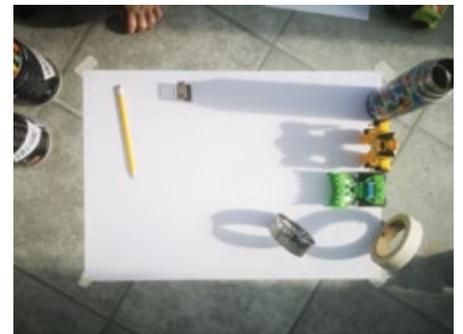
Step 2

Find a safe place where the sun is shining... (Back garden, conservatory, windowsill) and place the paper on the ground. Remember social distancing and safety first.



Step 3

Place objects to make shadows.



Step 4

Trace



Steps

Instruction

Step 5

Colour!



FINALLY

Show off your finished piece
Have a parent or caregiver email your photos to
Artist Chelsea at chelsea@helium.ie



VERSION 2



Bits you need (materials):

Paper



Something to Draw/Colour with



Household Objects



Blu Tack/Tape



Lamp/Torch



Flat surfaces that touch (one up, one down)



INSTRUCTIONS:

Steps

Instruction

Step 1

Find the objects (An adult can help)

Step 2

Pin up your paper and shine your light on it.

Step 3

Place objects to make shadows.

Step 4

Trace!

Step 5

Colour!

FINALLY

Show off your finished piece
Have a parent or caregiver email your
photos to Artist Chelsea at
chelsea@helium.ie

