

## Active Learning and Light Play

### Dark Dens and Active Learning

The photos below are of Active Learning boxes or Little Rooms. You can create something similar, but much simpler, at home. These are great for visually impaired children as they bring hanging objects close so they can be easily found, encouraging understanding of object permanence (when I drop something I know it's still there). Dark dens are also great for visual stimulation.



Here are some ideas of how you can do this at home.

Creating an area with hanging objects where your child can explore is great for independent exploration. It could be as simple as hanging a piece of string between two hooks across a corner of a room. Or if the weather is nice, hang toys from your washing line. Ideally the items should be on elastic, but just use whatever you have. Also, don't choose heavy objects. Some ideas for objects are tinsel, wooden spoons, gloves, small toys, play springs (slinky), plastic balls with holes, ribbons, old CDs.



Use a big cardboard box and some Christmas lights to create visually stimulating dark den. Tape them inside, or if you're feeling creative, poke holes in the top of the box and push the lights through. Use any light up toys you have inside. You could even stick some foil or other shiny material inside the box to create a light reflective surface.

Or make a blanket den! Again, just add Christmas lights, and whatever light up toys you have.



## Light Play

You can use any Christmas lights, torches and even the sunshine to explore light and create visually stimulating activities. Here are some ideas:

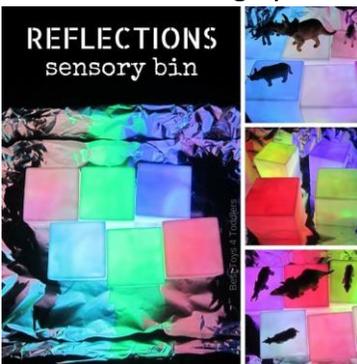
Create your own light table by putting battery powered fairy lights, or other battery powered lights, in a large plastic box. Explore sensory bags, toys, tissue paper, sand, beads, chiffon scarves etc on the box.



Put battery lights in a small plastic tub to make an easy light up toy.



Make a reflective sensory bin. Cover the inside of a box with tinfoil. Use any battery lights or light up toys you have and encourage your child to explore.



Use your window as a vertical light table when the sun is shining. Use tissue paper, cellophane, jars or bottles with water and food colouring, sensory bags and bottles, any plastic see through toys or cups/ plates, chiffon scarves.



**Hair gel  
Sensory bags**



Use torches and any lights and light up toys you have to explore and play in the dark. You can even customise a basic torch to make it more fun! Use tissue paper or cellophane to change the colour of your torch. You can even create rainbows with a torch and a CD!



Have fun. 😊