

NIGHT TIME ACTIVITIES

A few ways to enjoy the outdoors after the sun goes down!

DETAILS

- Age: Can be adapted for any age
- Time: 20 - 60 minutes

MATERIALS

- A few colored markers/pencils/ crayons; white paper; candle/flashlight

PREPARATION

- Dress properly for the weather.
- Find a safe outdoor space.

COVID-19 PRECAUTIONS

When choosing a place to explore, please be mindful of the CDC's recommended social distancing protocols.

TRY IT INDOORS

All of these activities can also be done in a dark indoor space. Turn off the lights and give it a try!

OBJECTIVES

- USE YOUR SENSES to explore at night

ACTIVITIES

COLOR CHALLENGE

- 🌿 When there is still a very small amount of light left in the sky, look around. Can you see any colors?
- 🌿 Test out your night time color vision. Pull out a marker and try to guess what color it is without reading the color's name. Use that marker to write your guess on a piece of paper.
- 🌿 When you get back inside, check out your paper and see if your guess was right!

DEER EARS

- 🌿 Take a moment to listen. What do you hear?
- 🌿 Now take your hands and cup them behind your ears with your palms facing forward. Now your ears are large like a deer's! How does the sound change?
- 🌿 Turn your head around to listen to different areas.

NIGHT VISION

- 🌿 Spend about 20 minutes in the dark, without any lights, letting your eyes adjust.
- 🌿 Close one of your eyes and cover it with your hand.
- 🌿 Light a candle or turn on your flashlight and look at that light with your uncovered eye for about 2 minutes.
- 🌿 Blow out the candle/turn off the light. Cover one eye at a time - notice how your vision is different in each eye.

“In an age of acceleration, nothing can be more exhilarating than going slow. And in an age of distraction, nothing is so luxurious as paying attention. And in an age of constant movement, nothing is so urgent as sitting still.”

- Pico Iyer