



## MS@home: Bringing MOUNTAIN SCHOOL to You!

During this time of school closures and stay-at-home guidelines, North Cascades Institute is sharing lessons and activities from our talented Mountain School instructors. We hope these will inspire students of all ages to continue to learn about the natural world and discover new connections to the outdoors from home.

Discover more learning adventures at [ncascades.org/ms-at-home](https://ncascades.org/ms-at-home).

### LESSON 11: Shadow Painting and Poetry

by Bre Harris

#### Shadow Painting

**Have you ever made a nature shadow painting?** It's easy! Just find an intriguing nature item, set it up to cast its shadow onto a piece of paper, trace the outline, and then have fun adding color and texture! All you need is a large piece of paper, a nature item, pencil, art supplies for coloring, and bright light or a sunny day.

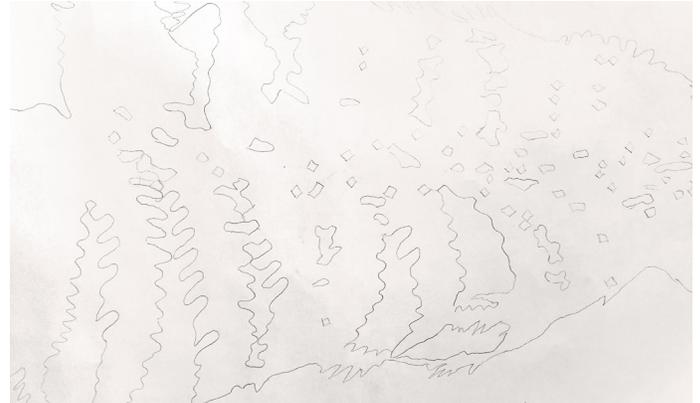
**Step 1:** Find a nature object.



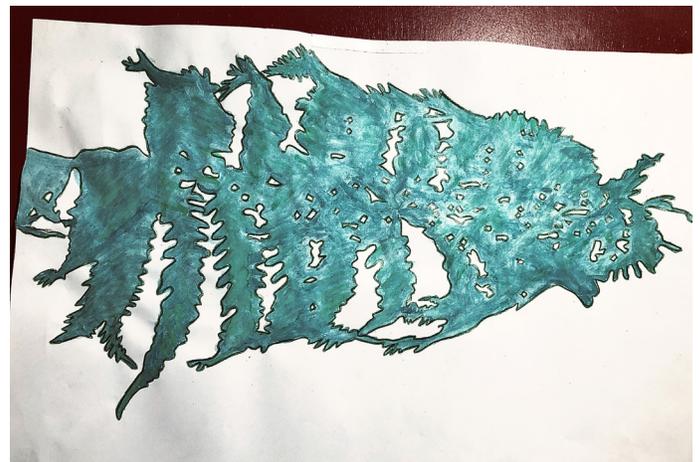
**Step 2:** Set up the nature object so it casts a shadow onto a piece of paper. You can do this outside with the sun or indoors with a bright light shining behind the object.



**Step 3:** Trace the outline of the shadow onto the paper.



**Step 4:** Bring your shadow to life with some color! I chose to use watercolor, but you can use colored pencils, crayons, markers, etc.



#### Happy Birthday Mountain School!

For 30 years, this transformational school program has taught kids that they are part of the natural world and jump-started their lifelong engagement with the environment.

Help us celebrate by sharing your Mountain School story at [ncascades.org/ms30-blog](https://ncascades.org/ms30-blog).



## Shadow Poetry

**Your shadow does everything you do, but what if it had a mind of its own?** Use this poetry-writing activity (adapted from *Scholastic Teachables*) to have fun thinking about what your shadow might do differently from you. Start by thinking of something you might do outside, and then tell what your shadow would do differently.

### If my shadow had a mind of its own...

When I would pick berries from a bush,  
my shadow would mash them up and make them into a jam.

When I would throw a frisbee,  
my shadow would throw it back to me.

When I would \_\_\_\_\_,  
my shadow would \_\_\_\_\_.

When I would \_\_\_\_\_,  
my shadow would \_\_\_\_\_.

When I would \_\_\_\_\_,  
my shadow would \_\_\_\_\_.

It would be fun if once in a while my shadow did something new.  
But I like it a lot that my shadow does whatever I like to do!



**THANK YOU** for helping us offer these lessons for transformative learning experiences in nature by making a gift at [ncascades.org/give](https://ncascades.org/give).