

# Art Teenies at Home

Let's look at . . . . . Shadows

Just because we can't get together for Art Teenies in the Gallery doesn't mean we can't stay in contact.

This Art Teenies at Home booklet has songs for you to sing, storybooks you can read and listen to, art you can make, a place for you to draw plus yoga!

We would love to see and share your Art Teenies experience!  
email photos and feedback to - [artgallery@goulburn.nsw.gov.au](mailto:artgallery@goulburn.nsw.gov.au)  
or post to Instagram and tag us.

Goulburn Regional Art Gallery's website has Education Kits available for current and past exhibitions.

[Education Kits](#)



## Let's sing



### MY SHADOW

*(tune : My Bonnie lies over the ocean)*

My shadow is sometimes behind me  
And then sometimes it is in front  
Sometimes it is short, sometimes  
longer  
It's made by me blocking the light  
Shadows, shadows  
They're made by me blocking the  
light, you see!  
Shadows, shadows  
It happens in daytime and night

### SHADOW SONG

*(tune : Jingle bells)*

See my shadow  
See my shadow  
It follows me around  
When the weather's sunny  
I see it on the ground  
YEAH!  
  
Where's my shadow  
Where's my shadow  
Oh where did it go?  
When the weather's cloudy  
Can you see it?  
NO!

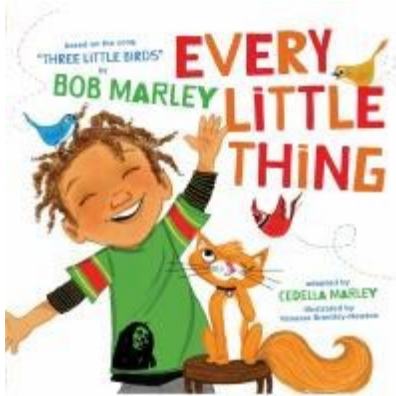
### LETS PLAY SHADOWS

*(a poem)*

Let's play shadows in the sun,  
I can make my shadow run!  
  
I can make my shadow crouch down small,  
Or reach up, very, very, tall  
  
I can make my shadow jump around,  
Or do patterns on the ground  
  
My shadow is weary, see him creep,  
Slowly curl up, go to sleep.

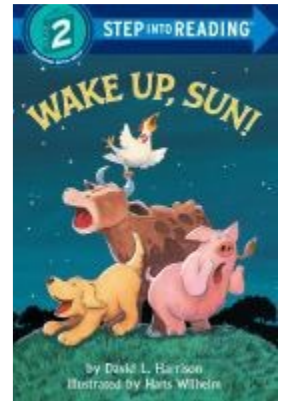
# Let's read and listen

EBooks (available through BorrowBox)

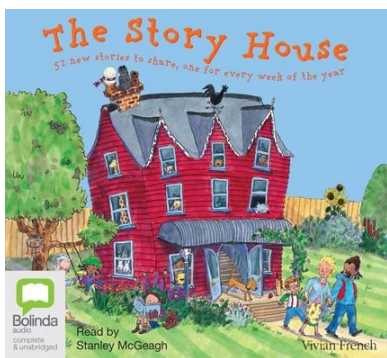


Every Little Thing, based on the song  
'Three Little Birds' by Bob Marley  
By Cedella Marley

Wake Up, Sun  
By David L. Harrison



E Audiobooks (available through BorrowBox)



The Story House  
By Vivian French

Princess Cadance and the  
Spring Hearts Garden  
By G.M. Berrow



BorrowBox is available through Goulburn Mulwarree Library and Upper Lachlan Shire Libraries. You can read and listen to your stories via an app on smartphones, Apple or Android tablets, and on PCs.

[Goulburn Mulwarree Library - BorrowBox](#)

[Upper Lachlan Shire Libraries - BorrowBox](#)

If you're not a member of these libraries, you can join online and get access to BorrowBox

[Join Goulburn Mulwarree Library](#)

[Join Upper Lachlan Shire Libraries](#)

Let's create

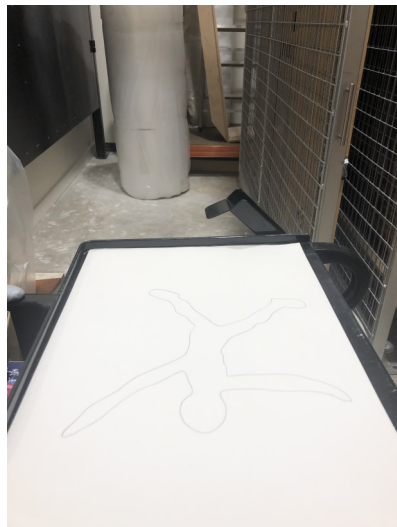
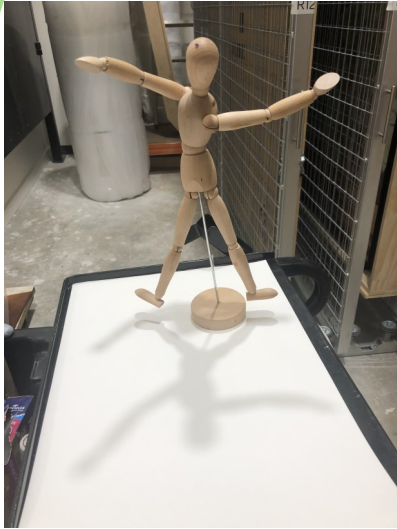
# Shadow Drawing

Shadow Drawing is best done outside on a nice sunny day.

So, grab your hat and put on some sunscreen.

You will need :

- Some paper
- A pencil
- Something to cast a shadow  
maybe a small teddy, a toy, a rock, a shoe



1) Put the paper on a flat sunny spot

2) Place your teddy on the edge of the paper so you can see it's shadow

3) Using your pencil, trace around the shadow

(depending on how bright the sun is, will depend how dark your shadow is)

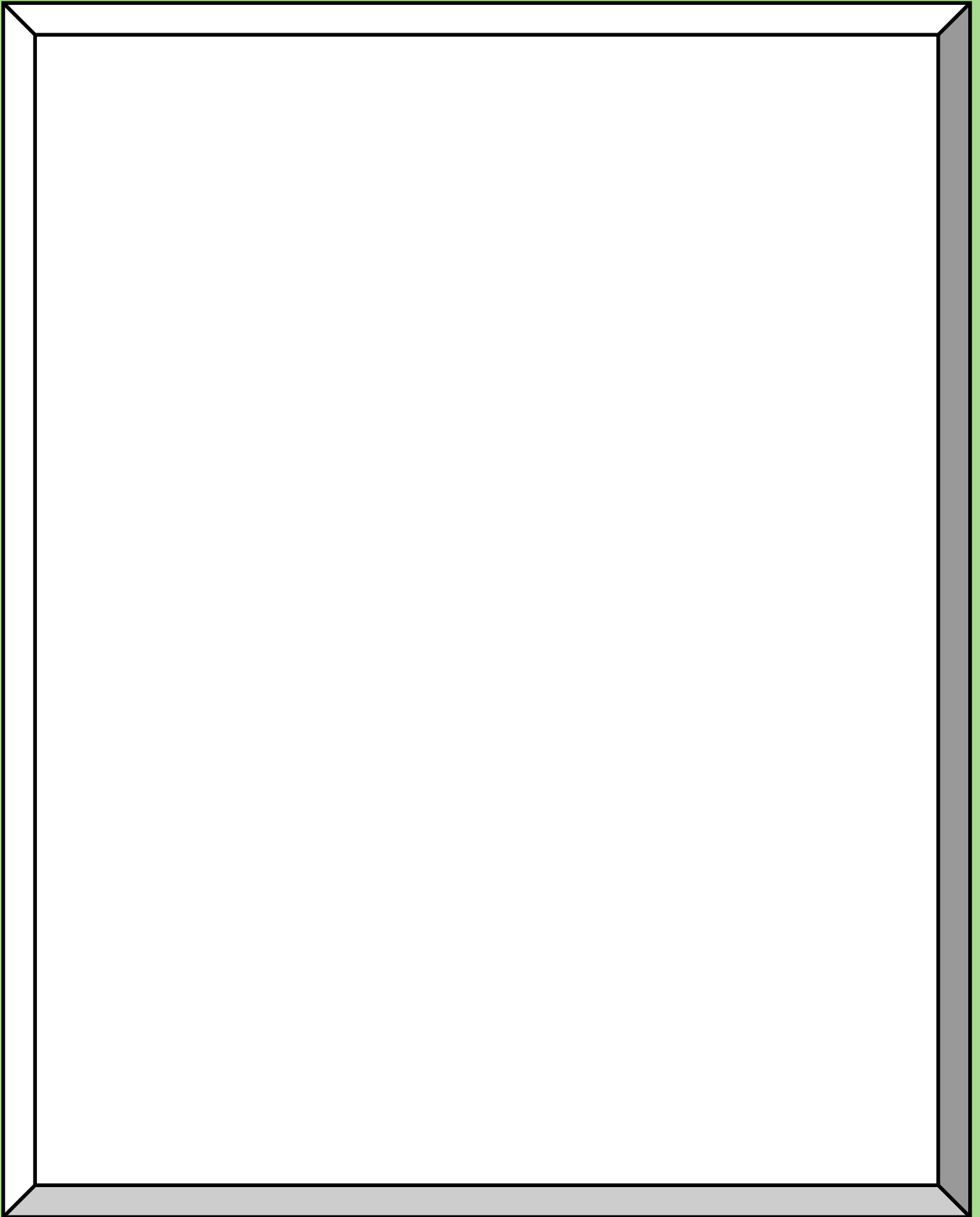
4) Move your teddy away and To-Da you've made a drawing of the teddy's shadow.

5) Now you can leave it like that or you can use your imagination and some coloured pencils, crayons, paints (which ever mum or dad says it's ok to use) to turn it into a colourful picture.



Let's draw

Draw a portrait of a person you love





# AUTUMN YOGA



**I am a bear.**  
DOWNWARD-FACING DOG POSE



**I am a whale.**  
LOCUST POSE



**I am a fox.**  
KNEELING



**I am a hedgehog.**  
CHILD'S POSE



**I am a monarch butterfly.**  
COBBLER'S POSE