

FEAR NOT! RELATED RESOURCES

EXPERIMENTS

Sparks in the Dark!

In this experiment, we can see how easy it is to make bioluminescent sparks with a common candy: LifeSavers!

Materials:

- Wint-O-Green LifeSavers
 - key ingredient is methyl salicylate, or wintergreen oil!
- A dark room
- A friend, or mirror, so you can watch the sparks fly

Procedure:

- Enter a pitch dark room, and pop a LifeSaver in your mouth.
- Chew with your mouth open, and watch the candy spark, either via a mirror, or by watching someone else!
- Record your observations.

Follow the Shadow

How do shadows change throughout the day? This sunny day experiment shows you exactly how!

Materials:

- Tall, free-standing object
- Chalk
- Lab notebook and pencil (optional)

Procedure:

- On a sunny day, place your object on the ground.
- With chalk, outline its shadow. Mark the time of the drawing down, either on the ground next to the drawing, or in your lab notebook.
- Repeat throughout the day. How does the shadow change?

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CRAFTS

Shadow Art

There are many different ways to create art from shadows! You can use a flashlight to trace yourself, your surroundings, and even your toys! Here's a more colorful idea that requires a little bit of help from a grown-up.

Materials:

- X-acto knife (adult use only)
- Cardboard
- Colored cellophane
- Tape or gluestick

Procedure:

- Draw a design of your choice on your piece of cardboard.
- Have an adult use an X-acto knife to cut out your design. Place a cutting board underneath to avoid damaging your table!
- Cut out matching shapes from cellophane and tape or glue to the back of your cardboard.
- Take your creations outside and watch your shadow art come to life!

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SNACKS

Glowing Shirley

This sweet, shining drink is guaranteed to brighten up any gloomy day! (requires black light to see the effect)

Ingredients (makes 2):

1 & ¼ cups ginger ale

½ cup grenadine

1 Tbsp tonic water (quinine is the secret, glowing ingredient!)

Maraschino cherries to garnish

Directions: Mix ingredients together. Garnish with cherries.

Serve under black light!

Bright Krispie Treats

A black light can also reveal the naturally luminescent properties of both Rice Krispies and marshmallows!

Ingredients (12 servings):

- 3 Tbsp butter
- 4 cups mini marshmallows
- 6 cups Rice Krispies cereal
- Glow in the dark sprinkles (optional)

Directions:

- Melt butter in a large pan over low heat.
- Add marshmallows and stir until melted.
- Remove from heat, add Rice Krispies cereal, and sprinkles, if desired.
- Coat a baking dish with butter, and evenly press mixture into the pan.
- Cool and serve!

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BOOKS

Orthodox

Title: Goodnight, Child of God

Author: Drew D. Chancey

Summary: A calming night time book, that reveals the presence of heaven all around us.

Grade Level: Pre-K

Title: Sasha and the Dragon

Author: Laura E. Wolfe

Summary: A modern fairytale following Sasha, his fears, and how intercessions from Archangel Michael aid him, especially at night.

Grade Level: K & up

Scientific

Title: The Science of Light: Things that Shine, Flash, and Glow

Author: Margaret Peot

Summary: Beautifully illustrated book about glowing creatures.

Grade Level: Pre-K - 2

Title: Heinemann First Library: All About Science: All About Light

Author: Angela Royston

Summary: Simple overview of light and its properties. Contains a few simple experiments.

Grade Level: K and up

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BOOKS

Title: Light (Fun-Damental Experiments)

Author: Ellen Lawrence

Summary: Step-by-step light experiments, using a variety of everyday items.

Grade Level: Pre-K - 3

Title: Extreme Planet: The Deep

Author: Laura Cowan

Summary: Wonderfully illustrated lift-the-flap book that delves deep into - the deep! Lots of interesting facts about the abyssal zone and the creatures that live there.

Grade Level: 2-5

Title: Night Science for Kids: Exploring the World After Dark

Author: Terry Krautwurst

Summary: A book full of fun, nighttime activity ideas, from shadow puppets to creating a moth garden.

Grade Level: 3-7

Title: The Universe: Black Holes

Author: Marcia Zoppa

Summary: Good introduction to black holes and how they form.

Grade Level: 3 - 5

Title: The Magnificent Book of Creatures of the Abyss

Author: Bethanie and Josh Hestermann

Summary: Loaded with facts about abyssal creatures, alongside amazing illustrations.

Grade Level: 3 -6

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SONGS

Title: Translucent, Opaque, and Transparent Song!
YouTube Channel/Artist: Abigail Cash (Mrs. Cash)
Link: https://www.youtube.com/watch?v=ExV5JAhbYUk&list=RDExV5JAhbYUk&start_radio=1

Title: "Light and Shadows" Song for Kids
YouTube Channel/Artist: Mini Einstein
Link: https://www.youtube.com/watch?v=201Zx3JG9qk&list=RD201Zx3JG9qk&start_radio=1

Title: Black Hole Song for Kids | Facts About Black Holes | The Black Hole Song
YouTube Channel/Artist: Silly School Songs
Link: https://www.youtube.com/watch?v=EMXpF6AECC8&list=RDEMXpF6AECC8&start_radio=1

Title: Ocean Layers Song for Kids | Learn Sunlight, Twilight, Midnight, Abyss, Trenches Zones + Sea Animals
Youtube Channel/Artist: Teacher Patrick
Link: https://www.youtube.com/watch?v=OxcP6lzejuE&list=RDOxcP6lzejuE&start_radio=1

Title: Guardian Angel Polka
YouTube Channel/Artist: Ancient Faith Kids – Rocko’s Music Factory
Link: https://www.youtube.com/watch?v=qg_VruYLzCU&list=RDqg_VruYLzCU&start_radio=1