

# Be Seen Be Safe Session plan/ideas

<https://primarylibrary.crestawards.org/all-star-challenges/61746949/8>

In this activity, children will test different materials to see how reflective they are and design an outfit to be seen in the dark.

## Plan

1. Introduce the activity by reading out the story on the activity card.
2. Ask the children what they think they'll be investigating based on the story, and what they think will help them to be seen in the dark.
3. Using the two worksheets, discuss light sources and reflectors.
4. Explain that their main task is to test different materials to see how reflective they are and use that knowledge to design an outfit that can be seen in the dark.
  - a. Demonstrate how to use the bear caves to test the materials in the dark: put the bear cave over the material, use the large hole to shine a torch onto the material and use the small hole to look through and see how the light is reflected (or not).
  - b. Explain that they can create their design using the outline of a person by colouring in, labelling and/or sticking materials onto it.
5. Give out the highlighter pens, torches, bear caves and plenty of the mixed materials.
6. Turn the lights down/off in the room if possible.
7. Encourage children to test materials before adding them to their design to think about whether they are good/bad for this task.
8. Discuss everyone's designs and their choices.
9. Suggest/discuss occupations and other situations that might require the skills/knowledge they've developed e.g.
  - a. Sports clothes designer
  - b. Lighting designers for stage sets, shops, exhibitions
  - c. Optical/laser engineer (<https://nustem.uk/primarycareers/#tab-id-9>)
10. Discuss related activities they could do (at home).
11. Give out stickers/stamps for their passport.

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## Tips and safety

- Remind children not to wander around in the dark with sharp objects.
- Discuss whether an outfit could be too reflective e.g. glare for other road users.

## Additional ideas/extension/home activities

- Investigate some other materials at school or at home. Can you find other examples of light sources and reflectors?
- Design a poster to help children be safe at night.
- Ask family/friends what they wear when they go outside in the dark e.g. to run/walk dogs/cycle.
- Design some more outfits for your family and friends using other materials that you can find and test.
  - Can you make your own bear cave to test them?
- With the help of an adult, try making a pinhole camera:  
<https://www.abingdonsciencepartnership.org/wp-content/uploads/2020/04/Pinhole-cameras.pdf>

# Be Seen Be Safe

Today we are thinking about **LIGHT**

Some things produce **light**, they are called light **sources**.

Are each of these light sources?



# Be Seen Be Safe

Some things **reflect** light but they don't produce their own light. We call these **reflectors**.

Which object is the most reflective? Which is the least reflective? Why?  
How would you order the other objects?

**Most reflective**

**Least reflective**

