



# Light Table

## Episode 24

### Introduction

Sensory play, or exploring the world with the five senses through play, is a great way to heighten your child's learning efforts. Encourage your child's sensory play by using a light table!

A light table is simply a table or box with a large surface backed by light. Your child will love tracing patterns and letters on your light table using beads, beans, and more, which will aid in learning letters and improving dexterity. You can even bring objects from nature, like leaves, indoors and examine them with a light table!



### Supplies

- A large, clear plastic box
- White tissue paper
- Pencil
- Clear tape
- Dry erase marker
- White Christmas lights
- Scissors
- Aluminum foil (optional)

### Instructions

1. Line the box: Trace the bottom of your box onto the white tissue paper. Cut this out, then line the inside of the bottom of your box with the tissue paper, using clear tape to attach it. This will create a translucent, solid background for your lighted surface.
2. Add Christmas lights: Place the Christmas lights inside your box; leave the cord and plug trailing out over the edge. Put the lid on the box, then flip the box over and plug the lights (you may need an extension cord). Turn off the other lights in the room and admire your light table!

### Additional Resources

Visit Plano Public Library's official [YouTube channel](#) to view this activity and other Library Make videos

Check out our blog post about this activity at [Plano Library Learns](#)

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### Instructions, continued

- Tip: Choosing a plastic box—A large, shallow box works best (like an underbed box), but any clear box will work. A large box means a larger light table!
- Tip: Line the box with foil—Is your box too dim? Line the inside of the sides and lid of your box with aluminum foil. If this doesn't work, add more Christmas lights!

### How to Use Your Light Table

Gather small objects (beans, buttons, beads, craft stones, etc.) by the handful. Next, use a dry erase marker to write your child's name on the light table, then let your child trace their name using the beads, buttons, etc. Repeat using numbers, shapes, and lines! This will help develop dexterity as well as letter, number, shape, and pattern recognition.

Set another small, clear plastic box on top of your light table, add a little sand, and let your child trace and draw on their own.

Bring in objects from nature such as leaves and examine them with your light table. Your child will love seeing how different objects look with light shining through them!

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Line bottom with tissue paper



Leave the plug outside the box; snap on lid over cord.



Trace letters, shapes, lines, etc.



Place clear box with sand on light table: draw with finger.

