

Teach Me to Walk in the Light:

Dark VS Light Activities

This page outlines 3 different introduction activities to help distinguish light from dark in preparation for learning Teach Me to Walk in the Light. Each of the following activities requires very little prep and can be a great way to introduce this song in primary!

‘Picture Perfect’ Activity:

1. Start by finding 8-10 pictures of items or scenarios that represent light or darkness.
2. Print out your pictures and place them around the room in primary.
3. At the beginning of primary, create a T-Chart on the board with one side being "Light" and the other side saying "Dark."
4. Invite children to take turns choosing pictures and placing them on one side of the t-chart.
5. Discuss why each item fits in its category. You might also ask, "Which feels better, light or darkness?"
6. Begin teaching Teach Me to Walk in the Light

‘Pick an Item’ Activity:

1. Choose 5-8 items that represent either darkness or light. Some examples might include: a candle, a dark-colored shirt, a flashlight.
2. Place all items in a large bag and keep them hidden.
3. At the beginning of primary, have children choose one item at a time. Discuss whether each item represents darkness or light.
4. Begin teaching Teach Me to Walk in the Light.

‘Searching in the Darkness’ Activity:

1. Before children come into the primary room, turn the lights out. If it is too dark, you might choose to turn on a small candle or light.
2. Choose a large item to hide in the room.
3. When you begin primary, invite children to think about how they feel when it's dark. Do they feel nervous? Afraid? Confused?
4. Explain to the children that you have hidden an item in the room. Invite a child to find the item.
5. Once the item has been found, turn on the lights.
6. Have a child leave the room and hide the same item around the room.
7. When the child returns, have them find the item with the lights on.
8. Start teaching Teach Me to Walk in the Light.

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