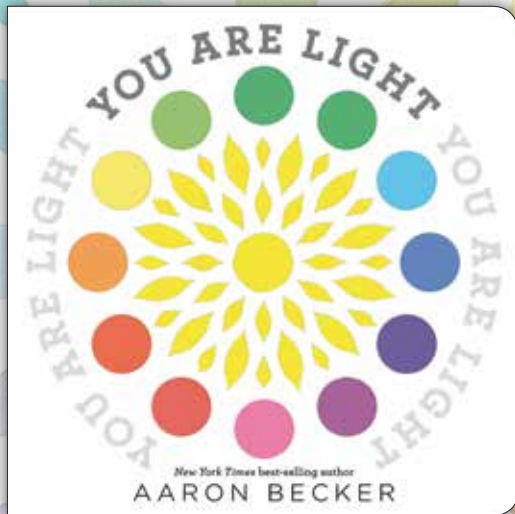


# YOU ARE LIGHT

AARON BECKER

This elegant, sparsely narrated ode to the phenomenon of light follows as light reflects off the earth to warm our faces, draws up the sea to make the rain, feeds all the things that grow, and helps to create all the brilliant wonders of the world, including ourselves.



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Use *You Are Light* to add a little STEAM to your classroom while exploring properties of light, color, and mindfulness.

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- Hold the book up to the light and point out how each circle is a different color. Turn the pages one by one so everyone can see how individual colors combine to make new ones. Talk about the differences between light and dark. What makes something darker or lighter?
- Use prisms to explore how light can be manipulated. Ask what your students see when they look through a prism. What do they see when light shines through it? Make a list of everyone's observations.
- Conduct evaporation experiments by adding water to clear cups. Place cups with equal amounts of water in both dark and bright areas of your classroom. Which cups' water evaporates more quickly?
- Talk about the idea that "you are light." Have students think quietly about the thing that makes them feel most like light. Then have them try to draw or paint that feeling.