

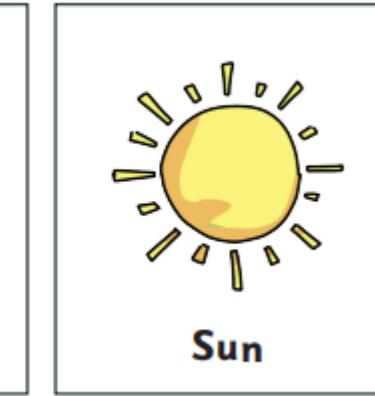
# Where do light sources come from and how do they help us see?

Vocabulary	Definition
Light	A form of energy that travels in a straight line from a light source.
Dark	The absence of light.
Light Source	An object that makes its own light.
Reflection	The process of when light hits the surface of an object and bounces back into our eyes.
Reflect	

## What is light and how does it travel?

Light is form of energy that travels in a straight line from a light source. Darkness is the absence of light.

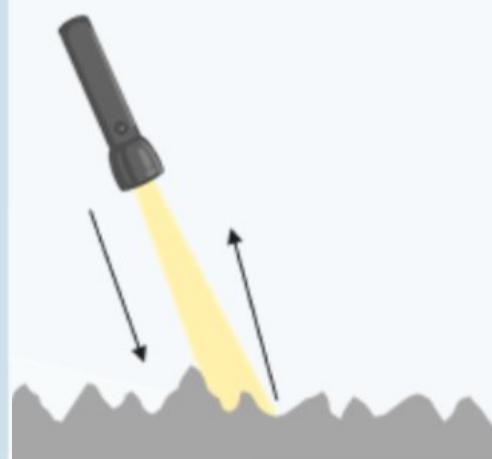
## Examples of light sources include:



## How can light be reflected from mirrors?



When the light rays hit the smooth mirror, they all bounce off at the same angle, creating a clear reflection.



When the light rays hit a rough surface, they scatter in all different directions so it doesn't reflect well.

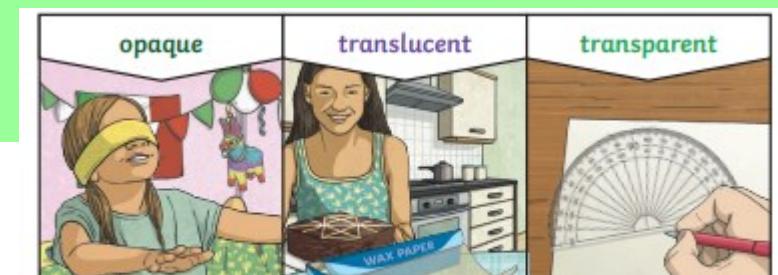
## What colours show up best in the dark?

Bright colours show up in the dark because when light hits an object it is reflected, this light hits our eyes and helps us to see the object. Bright colours that reflect well have useful purposes:



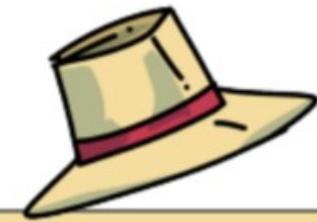
## What are shadows? How are these formed?

A shadow is an area of darkness where light has been blocked. It is formed when an object blocks the light. An object must be opaque or translucent to create a shadow.



## How can the sun be damaging?

The sun's light can be so damaging if looked at directly it can cause blindness. You can do some things to protect yourself from the sun such as:



We can wear a hat to protect our heads and eyes from the sun's light.



We can wear at least factor 15 sun cream to protect our skin from UVA rays.



We can wear loose, light clothing, so we don't get sunburned.



We can go in the shade during the hottest times of the day (11am – 3pm).



We can wear sunglasses to protect our eyes from the sun's rays.