

## CHILDREN'S CORNER

### IT'S FALL!

Our world is changing. Fall is brilliant colors, crisp air, and many opportunities for children to explore their world and nature. Remember – there is not bad weather, just bad clothes. Here are some fun activities to do in fall.

- **Go outside!** Fall is not paper leaf shapes hanging on a bulletin board. It is exciting and beautiful and to be experienced. Fall is bright colors, cool air, and changes. Go for walks and play in the leaves.
- **Bring fall inside** – Let the children collect leaves, acorns, and drying flowers. Put them in the water table or large bin. The children will continue to explore what makes these things different.
- **Leaf Scramble** - This scramble will have your little ones moving so fast in order to win that they won't even notice how much work they actually did!
  - WHAT YOU'LL NEED: A tarp/garbage can/basket, leaves
  - WHAT TO DO: Place a basket, garbage can, or tarp somewhere in your yard full of leaves. How many scoops of leaves can the children get into it only using their hands and arms? Have them try to fill up the basket or garbage can or see if they can get enough on the tarp to cover the whole thing. WARNING - this activity may elicit spontaneous jumping into the pile of leaves. (Theinspiredtreehouse.com)
- **Paint with red and yellow** and let the children make their own orange. Watch their reaction as the colors change. Give them this opportunity many times using many different ways to mix colors and paint.
- **Explore a pumpkin** – Cut it open and let the children see and touch what is inside. Let them try to pull it out of the pumpkin themselves. Give every child some of the insides and encourage them to pick the seeds out of the "goo." Some children might be a little hesitant but with gentle encouragement may try it. Cook the pumpkin seeds to show the change from wet to dry. Pumpkin seeds can be a choking hazard so only preschoolers should eat them.
- **Animals in the fall** – What changes can the children and you observe as animals get ready for winter? This is an opportunity for children to learn about what animals need and do. Do you hear the honking of the Canadian geese as they head south? Can you see them flying in a vee? Are the squirrels and chipmunks gathering acorns and other food? Do you see monarch butterflies as they fly to Mexico?
- **What do your senses tell you?** - Go outside and sit together. Ask the children –
  - What do you see?
  - What do you hear?
  - What do you feel?
  - What do you smell?
- **Tasting Fall** – Fall cooking projects are fun and delicious and teach children many things
  - Make applesauce (apples and a little water and no sugar) – Preschoolers can be supervised to cut up a larger piece of apple into smaller pieces using a plastic knife. Watch the transformation from apple chunks to apple sauce.

- Make apple pie or apple cookies.
  - Make pumpkin pie.
  - Cook sweet potatoes. Even 1-year-olds can help mash them.
  - Cook acorn squash – What are all those seeds doing in there? Why is it called an acorn squash?
- **Mud and puddles** – Put on raincoats and boots and out to stomp and squish. Fall weather is perfect for being outside and a little wet.