



HELLO PARENTS,

Fall is the time when fruits, vegetables and seeds are gathered and stored for winter. Cultures around the world have their own traditions for the fall harvest. In our area, families participate in the annual corn festival, go apple picking, or decorate their door steps with pumpkins, corn and hay. Children are naturally curious about the changes each season brings, and fall provides opportunities for them to explore and make connections with nature. In this newsletter, you will find activities that will encourage your child to discover the fall harvest bounty.

ACTIVITIES

INFANTS (3 – 18 MONTHS)

PUMPKIN PLAY

MATERIALS:

- A big pumpkin

DIRECTIONS:

- Place the pumpkin near your infant.
- Let your infant touch and pat the pumpkin.
- Talk about the colour, shape, and size of the pumpkin.
- This experience promotes sensory, social and emotional development.

[Click here](#) to find more activities related to fall.

TODDLERS (19 MONTHS – 2.5 YEARS)

LET'S JUMP!

MATERIALS:

- Leaves

DIRECTIONS:

- Instead of making one big leaf pile to jump in, make a trail of smaller piles.
- Encourage your child to jump from one pile to the next without touching the ground.
- Once they jump through the whole line, add a new challenge. For example, hopping on one foot, skipping, or jumping etc.
- This activity will help your child practice coordination.

[Click here](#) for more leaf activities.

[Click here](#) to listen to "Autumn Leaves Are Falling Down" and act it out with your child.

PRESCHOOLERS (2.5 – 5 YEARS)

FRUIT OR VEGETABLE?

MATERIALS:

- Two baskets
- Various fruits and vegetables

DIRECTIONS:

- Go with your child to the supermarket or the local farmer's market. Buy fruits and vegetables that are in season.
- When you get home, take out two baskets.
- Talk about the difference between fruits and vegetables.
- Let your child name each of the fruits and vegetables and sort them into the baskets.
- Store them in a proper place.

[Click here](#) to read "Fall Harvests" by Martha E. H. Rustad.

[Click here](#) to find Harvest Festival activities.

JK/SK (4 – 6 YEARS)

CARVING A PUMPKIN

MATERIALS:

- A large pumpkin
- Pumpkin carving knife
- Markers
- Spoon and bowl
- LED light (optional)

DIRECTIONS:

Note: tools used for pumpkin carving are very sharp. Supervise your child while they are working on this project.

- Prepare all the materials.
- Help your child to cut a circle around the top of the pumpkin.
- Scoop out all the seeds and clean the inside of the pumpkin.
- Help your child draw a face on the pumpkin using markers. If they would like to use a carving template, you can find them [here](#).
- Cut out along the outline of the pumpkin face.
- Place LED light inside the pumpkin (optional). You can display your pumpkin for all to enjoy.

[Click here](#) to read "The Ugly Pumpkin" by Dave Horowitz.

[Click here](#) for more activities with pumpkins.

SCHOOL-AGERS (6 – 12 YEARS)

HOMEMADE APPLE CRUMBLE

MATERIALS:

- 6 green apples · 1 cup oats
- 1/2 cup brown sugar · ¾ cup flour
- 1 tbsp cinnamon · ½ cup vegetable oil
- Oven mitts · Knife

DIRECTIONS:

Note: children will need adult's supervision and support when they use the oven or knife.

- Preheat the oven to 375 F.
- Peel apples, remove cores and cut into small cubes.
- Place apple cubes in a baking dish.
- In a bowl, mix oats, sugar, flour, cinnamon and oil until clumps form.
- Sprinkle clumps over the apples.
- Use oven mitts and carefully put the baking dish in the oven.
- Bake for about 30 minutes or until golden brown.
- Using oven mitts, carefully remove the dish from oven and let it stand for 10 minutes. Enjoy!

[Click here](#) to find recipes for different fall harvest salads.

[Click here](#) for information about farms in our area you where you can find fresh fruits and vegetables.

A TIP FOR TODAY

- Talk to your child about harvest traditions in your culture.
- Arrange an outing to a local pumpkin patch, apple orchard, or farm.
- Encourage your child to sort fruits and vegetables and store them properly after you come back from shopping.
- Go on a colour walk and play "I Spy with My Little Eye" to observe the autumn colours.