

Concepts to teach the children:

- Autumn (Fall) is one of the 4 seasons (summer, winter, spring and fall)
- It comes between summer and winter
- Some trees change color and lose their leaves in the fall
- In fall the sun rises later in the day and set earlier at night
- Soil gets harder in the fall
- Some trees remain green and they are called evergreens
- Some animals grow thicker fur for the winter
- Some birds and butterflies fly south so they can find food more easily because it is warmer

SOCIAL

Fall Is Here

Fall is here now, fall is here now,

How do you think I know...

The leaves are falling off the trees

That's how I really know

(repeat with other signs of fall)

Ex. Leaves changing colors, getting colder, getting darker earlier etc.

Target: group discussion

Sensory: "Autumn Feely Box"

Learning different textures and identifying them is fun children during this activity.

Materials: Leaves, acorns, pine cones, nuts, apples, small squash, twigs or pumpkin and other things you have discussed. You'll need a box the children can fit their hands into without seeing inside. I use a large shoe box, Kleenex box. With a hole cut in the top.

Description: Without the children seeing you, add the objects in the box. Then ask each child to reach in touch an object. Ask each child to describe what he or she feels and what they think it is.

Target: peer interactions

Pass the Pumpkin

This is a version of the game Hot Potato only used with a small, lightweight pumpkin. An apple could be used also as apple harvest time is symbolic of fall. Players form a circle. A small pumpkin (or apple) is passed from player to player while one player sings, whistles or claps or stops and starts the play music. When the music or clapping stops, the player who has the pumpkin is the one who controls the music. **Target:** taking turns

Five Little Pumpkins

Five Little Pumpkins

Five little pumpkins sitting on a gate, (hold hands up)

The first one said "oh my it's getting late," (hands on cheeks)

The second one said "there's a chill in the air," (hug self)

The third one said "but we don't care," (shrug)

The fourth one said "we're ready for some fun," (jump)

The fifth one said "lets run, run, run," (run in place)

So woo went the wind, and out went the lights,
And the five little pumpkins rolled out of sight (sit down).

Target: group interaction

PHYSICAL:

Fine Motor

Fine Motor “Bobbing” for Apples- you can find the small tongs at Walmart, Superstore, and Dollarama

[http://www.fantasticfunandlearning.com/apples-fine-motor-fall-activity.html?utm_content=Apples+Apples+Apples~Fantastic+Fun+and+Learning&utm_term=Bobbing for Apples fine motor play fall activity for kids jpg 3F1410976096&utm_medium=email&utm_source=MadMimi&utm_campaign=20140917_m122197000 Apple s+Apples+Apples~Fantastic+Fun+and+Learning#_a5y_p=2469079](http://www.fantasticfunandlearning.com/apples-fine-motor-fall-activity.html?utm_content=Apples+Apples+Apples~Fantastic+Fun+and+Learning&utm_term=Bobbing+for+Apples+fine+motor+play+fall+activity+for+kids+jpg+3F1410976096&utm_medium=email&utm_source=MadMimi&utm_campaign=20140917_m122197000+Apple+s+Apples+Apples~Fantastic+Fun+and+Learning#_a5y_p=2469079)

Target: fine motor

Pine Cone Elastic Band Activity

<http://theimaginationtree.com/2015/01/pine-cones-elastic-bands-fine-motor-activity.html>

Target: eye hand coordination

Five Little Leaves

Five little leaves, so happy and gay (hold up five fingers)

were dancing about on a tree one day

the wind came blowing through the town

and one little leaf came tumbling down

Four little leaves, so happy and gay (put one finger down)

were dancing about on a tree one day

the wind came blowing through the town

and one little leaf came tumbling down

Three little leaves, so happy and gay (put another finger down)

were dancing about on a tree one day

the wind came blowing through the town

and one little leaf came tumbling down Two little leaves, so happy and gay (put another finger down)

were dancing about on a tree one day

the wind came blowing through the town

and one little leaf came tumbling down One little leaf, so happy and gay (put last finger down)

were dancing about on a tree one day

the wind came blowing through the town

and one little leaf came tumbling down

Target: finger manipulation

Leaf Painting

Materials: Fall colored construction paper (red, yellow, orange, brown), fall colored paint, medicine droppers. **Descriptions:** Cut paper into large leaf shapes, Have the children choose a paper leaf and use a medicine dropper to drop different colors of paint associated with Autumn (red, brown, orange, yellow) onto paper. Have them fold up their paper in half and rub the closed paper. Open to a wonderful surprise. **Target:** hand manipulation

Leaf and String painting

Materials: Autumn colored construction paper (red, yellow, orange, brown). Autumn colored paint and different lengths and types of string or ribbon. **Description:** Cut paper into large leaf shapes, Have the children choose a paper leaf. Using the paper leaves and paint, dip a long piece of string into paint allow it to fall onto paper and lift.

Target: eye hand coordination

Applesauce Cinnamon Play Dough

Playing with and squishing this apple sauce dough is great for gross motor hand skills, is lots of fun, and your preschoolers will love the smell!

1/2 cup cinnamon

1/2 cup applesauce (thick/not chunky)

1 plastic Ziploc sandwich bag

Pour cinnamon and applesauce into Ziploc bag. Seal bag and knead until mixture turns to dough. Allow your dough creations to air dry for 12 hours or until hard. Suggestion: Use cookie cutters to make really great, very fragrant ornaments, or air fresheners. Roll out dough between two sheets of wax paper. Don't roll out too thin (roll out dough to 1/4 to 1/2 inch in thickness). Use cookie cutters to cut out shapes and use a straw to poke a hole in the top for threading a string through for hanging up. At this point you can let them dry naturally for a few days, turning them a few times or you can bake them at a low temperature (175 F) for one to two hours. After the shapes are dry, they can be decorated with sparkles or acrylic paint. You can find cinnamon at a much cheaper price at dollar stores. We've used these ornaments for Christmas tree decorations, freshening dresser drawers, tying to gifts, or hanging up either outside or inside for a lovely fragrance. **Target:** hand manipulation

Apple Painting

Cut a yellow, red and green apple in half, take out seeds and save for a collage. Dip in paint and use as a stamp on white or fall colored paper. **Variation:** use leaves, pumpkins seeds, small squash, pinecones, acorns etc. **Target:** eye hand coordination

Gross Motor

Ring Around the Pumpkin

Sung to "Ring around the Rosie" Put a picture of a pumpkin on the floor and sing while you are having the children do the different actions:

Ring around the Pumpkin,
Pocket full of nuts,
Leaves, leaves,
they all fall down.

March around the pumpkin, pocket full of nuts,
leaves, leaves, they all fall down.

Stomp around the pumpkin,
pocket full of nuts,
leaves, leaves,
they all fall down.

Tip-toe around the pumpkin,
pocket full of nuts, leaves, leaves,
they all fall down.

Jump around the pumpkin,
pocket full of nuts,
leaves, leaves,
they all fall down.

Target: balance

Pine Cone Toss

<http://www.toddlerapproved.com/2012/09/fall-pine-cone-toss-simple-counting-game.html>

You can find pine cones under the evergreen trees at any park or you can buy them at the Dollar Store

Target: muscle coordination

AutumnThemed Yoga

<http://www.pinkoatmeal.com/fall-themed-yoga/>

Target: muscle movement



Pumpkin Golf-cut out a pumpkin like the picture. Add a piece of red paper/foam for the tongue. Let the kids putt the ball into the mouth. **Target:** coordination

Fall Poem

This action poem, about Fall colors and the fun we can have with leaves.

“Red and yellow, green and brown.
Count off colors on fingers
Leaves are falling to the ground.
Simulate falling leaves with hands
We pile them up OH SO HIGH:
'pile' leaves with hands
Then we JUMP in!
Pretend to jump in
My dog and I!”

Target: whole body movement

Comments: *The children really enjoy acting this poem out outside if there are leaves on the ground to gather.*

Autumn Walk

This activity begins with an outdoor nature walk and ends with an indoor art activity. Go on a walk so that the children can collect the following things: twigs, leaves, pinecones, acorns etc. If you don't leave your center have the children collect the items from your outdoor space.

Target: balance

Autumn Collage

Materials: All of the items you collected on your outdoor walk. Leaves, acorns, pine cones and add some other items like bows, paint and paper plates. **Description:** Cut the center circle out of a paper plate and have the children paint the paper plate one of the fall colors. **Target:** grasping

INTELLECTUAL

Cognitive

Fall Leaf Shadow Matching file folder game

<http://www.totschooling.net/2014/09/fall-leaf-shadow-matching.html>

Target: matching

My Leaf Book of Fall Leaves

Children observe the differences in leaf shape and color during this activity which can extend into a classification lesson. **Materials:** 2 fall colors of construction paper, 4 white sheets of white paper, Fall item stickers, red, yellow, green & brown crayons, Poem and yarn or staple to form a book. **Description:** The cover of the book is one sheet of construction paper with the title "**My Leaf Book**". Then let the children put fall stickers to decorate. The next four pages are leaf rubbings with four different leaf shapes and four different crayons. The last page is the second piece of construction paper with the following poem.

Comments: *It is fun to have the children go out to collect the leaves to be used.*

The leaves are falling down.
The leaves are falling down.
Red, yellow, green and brown.
The leaves are falling down.

Target: comparing

Inside of a Pumpkin

Cut the top of a pumpkin and let your children feel the insides. Provide the kids with spoons, bowls, and other objects to explore the pumpkin. **Target:** labelling

Pumpkin Seeds

Encourages imagination/represents the relationship between the seeds and the final outcome of the growing process which is the pumpkin. **Materials:** Pumpkin seeds, small paper bag and small pumpkins. **Description:** Show the children a small bag of pumpkin seeds and explain that you believe these are special pumpkin seeds. Take the children outside to the play area and have each child place or bury a seed in the ground. Briefly explain the growing process and that with these seeds it makes the process faster. The next day, before children go outside

gather the seeds if they just placed them on the ground and put small pumpkins in their place. Take children outside to show them that the pumpkins have grown. Then have the children take the pumpkins home with them or you can keep them in the center for a few days to use for other activities listed in the activity plan. **Target:** sequencing

Fall Sorting

Children sort a variety of fall objects during this activity. **Materials:** 4 egg cartons (washed and dried), 12 pinecones, 12 seeds, 12 leaves, 12 small twigs or other fall objects that will fit in the egg carton sections. **Description:** Place 1 of the objects in the egg carton. Encourage children to sort matching objects into the egg cartons.

Target: sorting

Pumpkin Deconstruction

<https://carrotsareorange.com/pumpkin-activities-preschoolers/>

Target: labeling

Mr. Pumpkin Head

Children use fine motor skills during this activity. **Materials:** Pumpkin and Mr. Potato head pieces. **Description:** Using a medium sized pumpkin, poke some holes where the eyes, nose and mouth should be (include hat and ears). Let the children decorate "Mr. Pumpkin Head" using Mr. Potato Head pieces. **Target:** labelling

Pumpkins in the Patch

Get several pieces of green paper. Label each piece of paper with the number one through ten. Then cut out pumpkins. Let your children place the correct number of pumpkins in the pumpkin patch. Laminate both the green paper and the pumpkins for durability. **Target:** number matching

Language

Color Song: Leaves on the Trees

During this fall activity children stand and sing this song and perform actions to the tune of "The Wheels on The Bus".

The leaves on the trees come tumbling down,

Tumbling down, tumbling down.

(Children flutter their hands and fingers down to the floor each time the phrase 'tumbling down' is repeated)

The leaves on the trees come tumbling down,

All over town.

(Children flutter hands down, and then turn around)

The leaves on the trees are red red red,

Red red red, red red red,

(Everyone wearing red clothes goes to the middle of the circle and shakes themselves) The

leaves on the trees are red red red,

All over town.

The leaves on the trees are green green green,

Green green green, green green green.

(Everyone wearing green goes to the middle of the circle and shakes) The leaves on the trees are green green green,

All over town. **Target:** vocabulary
Repeat for orange and yellow leaves

Read a book about Autumn

<http://www.everythingpreschool.com/themes/harvest/books.php> here is a link to a variety of books about fall. **Target:** vocabulary

Autumn Leaves

Leaves are falling
Leaves are falling
To the ground
to the ground
Look at all the colours
Look at all the colours
Red yellow brown
Red yellow brown
Target: rhyming

CREATIVE

Tin Foil painting

<http://munchkinsandmoms.com/foil-printed-fall-tree-art/>

Target: creativity



Tissue Paper Fall Wreath

<http://happyhooligans.ca/tissue-paper-fall-wreath/>

Target: creativity

Slime (if you use another recipe make sure there is no borax or other harsh cleaners as ingredients)

<http://littlebinsforlittlehands.com/how-to-make-saline-solution-slime-recipe/>

HOMEMADE SLIME RECIPE STEP BY STEP

STEP 1: First, measure 1/2 cup of glue and pour into your bowl. Here we are using clear glue for a very bright translucent style slime!

STEP 2: To that, add 1/2 cup of water and mix the two ingredients together.

STEP 3: Once the two are well mixed, it's time to add color and glitter. Here we used about 10 drops of red food coloring and a several good shakes of glitter. Don't be shy with the glitter! Make sure to stir well.

STEP 4: Add a **1/2 teaspoon of baking soda** to the mixture and mix it in. This helps the slime firm up a bit more and create a solid.

STEP 5: Then you will add **one tablespoon** of saline solution to the whole mixture.

STEP 6: Let's mix! Whip up your slime mixture in no time. You need to stir fast like you are trying to really whip up something!

The slime will begin to form immediately thanks to the mixture of boric acid and sodium borate that is present in the saline solution. These two ingredients are cross linking agents that create your slime.

STEP 7: The final step is to knead your slime. Once the slime looks like it is pulling away from the sides and bottom of the bowl nicely, it's time to pick it up.

Variation: to make pumpkin slime at orange food coloring and 1-2 drops of pumpkin pie spice. To make an apple cinnamon slime add red food coloring and 1-2 tsp. of cinnamon. Be creative. Store in an air tight bag or container. Target: texture

Aluminum Foil Leaves

Supplies Needed:

Pieces of aluminum foil

Leaves with prominent veins

Glue

Scissors

Construction paper

Description: Set pieces of aluminum foil and a variety of fall leaves in front of your child. Let them select different leaves and place each of them under a piece of foil. Gently press and rub the foil with their hand to get a leaf print. Then have the children cut out the leaf wrapped in aluminum foil.

Target: problem solving

Pumpkin Patch

Promote body awareness and stimulate discussion about the uniqueness of each child's fingerprints with this preschool activity. **Materials:** Yellow construction paper (may cut in half), orange and green washable paint, paint brushes, bucket of water or sink for washing hands, paint aprons or old shirts and green marker or cotton swabs. **Description:** Place the paper on a table in front of the child. Have him or her make a fist with one hand. Paint the top of the fist (fingers and knuckles) orange. Press the fist onto the sheet of paper to resemble a pumpkin. Repeat until the paper has as many pumpkins prints as desired. Next, make a green fingerprint at the top of each pumpkin for a stem. When the paint is dry, use a green marker to add vines to the picture. You may wish to use a cotton swab for this so that the child can make the vines him or herself. **Target:** creativity

Sensory Bins

<http://www.fantasticfunandlearning.com/fall-sensory-bin-and-learning-activities.html>

<http://happyhooligans.ca/fall-sensory-bin/>

<http://teaching2and3yearolds.com/fall-sensory-bin-with-pom-poms/>

Target: sensory

Leaf Maze

<https://happyhooligans.ca/leaf-maze/>

Target: Problem solving

EMOTIONAL

The Pumpkin Ball Toss

Play this game with orange pumpkin buckets (can buy during Halloween time from the Dollar Store) and ping pong balls or small plastic balls. For those unfamiliar with the game: Line up 5 buckets in a row. Have the child stand at the end of the row and attempt to throw ping pong balls into the buckets in succession. **Target:** independence

Leafy People

What You Need:

Leaves (Various Sizes)

Glue

Paper

Crayons, Markers, etc.

Googly eyes

What You Do: Give the children the materials and let them create a picture of their families using the leaves. They can use the leaves for the bodies, for clothing, or anything else they want to. **Target:** decision making

COOKING:

Fall Preschool Recipes:

Crock pot Apple Cider

4 1/3 cups apple juice

1 tbsp. brown sugar, packed

1/2 tsp. lemon juice

1 cinnamon stick (2 inches, 5cm, in length), broken up and crushed in plastic bag

15 whole cloves

1 orange pekoe tea bag (or 1 tbsp., 15 ml loose tea)

1. Combine apple juice, brown sugar and lemon juice in 3 1/2 quart (3.5 L slow cooker. Stir.
2. Tie cinnamon, cloves, and tea bag in double layer of cheesecloth.
3. Add to slow cooker. Cover.
4. Heat on low for at least 3 hours until quite warm.
5. Discard spice bag.

Makes 4 cups (1 L).

Target: cause and effect

Easy Pumpkin Pudding

Assist if necessary the children with measuring as they cook up this treat but let the children take turns adding the ingredients.

Materials and Ingredients:

1 cup vanilla pudding for each child (you can either buy individual pudding cups or as a group activity make a package of instant pudding)

2 tsp. pumpkin pie filling per child (pumpkin pie filling can be purchased at the grocery store usually in the baking aisle.)

A bowl for each child

A spoon for each child

Description: Have the children to measure and place one cup of vanilla pudding in their individual bowls. (If you have purchases the individual pudding cups they can use those containers and just add the pie filling and mix together.) Next, measure out 2 tsp. pie filling with each child. Ask children to mix the vanilla pudding and the pie mix together for a seasonal and yummy treat. Encourage the children to try the pudding but don't force them.

Target: independence

*****Halloween is at the end of the month. Just remember to take into account the specific children in your center if you are decorating or implementing specific Halloween activities. Make sure that the "scary factor" is developmentally and age appropriate for the entire group.

