

Topic: Fall (weather, leaves falling, colors-orange, red, yellow, brown)

**Concept to teach the children:**

- Fall is one of the 4 seasons (summer, winter, spring and fall)
- Fall 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 for easily because it is warmer

**SOCIAL (teamwork, sharing, taking turns, peer interaction, co-operation):**

**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. *This is a good activity to start discussion about "Fall"* **Target:** group discussion

**"Fall 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:** taking turns

**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 for the next round. **Target:** co-operation

**Leaf Hunt**

Take a nature walk together this can happen in your yard or do a neighborhood walk (off site needs to be in place for a neighborhood walk), collecting colourful Fall leaves as you go. Invite your children to tell you what colour each leaf is as you find it. Once you're home again, invite your children to sort the leaves according to their colour and then size (big/little).

**Target:** group discussion

**Read a book about Fall**

**Target:** sharing ideas

Topic: Fall (weather, leaves falling, colors-orange, red, yellow, brown)

**PHYSICAL:**

***Fine Motor (movement with hands and fingers)***

**Leaf Soup**

For this activity you don't need to color the water if you don't want to and the children will still enjoy it.

<https://www.andnextcomesl.com/2014/09/fall-leaves-soup-water-sensory-play.html>

**“Bobbing” for Apples- you can find the small tongs at Walmart, Superstore, 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 fall colored tempera onto paper. Have them fold up their paper in half and rub the closed paper. Open to a wonderful surprise. **Target:** grasping

Topic: Fall (weather, leaves falling, colors-orange, red, yellow, brown)

### **Leaf and String painting**

**Materials:** Fall colored construction paper (red, yellow, orange, brown). Fall 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 Dough**

(Nonedible)

*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 (large muscle movement, Ex. arms, legs, and torso, balance)**

### **Ring Around the Pumpkin**

Sung to "Ring around the Rosie" Put a picture of a pumpkin or a real 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.

Topic: Fall (weather, leaves falling, colors-orange, red, yellow, brown)

Tiptoe 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

### Pinecone Toss

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

**Target:** coordination

### Fall Themed Yoga

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

**Target:** co-ordination



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

<https://eighteen25.com/pumpkin-golf-halloween-games/>

### Spider Web Game

<https://www.notimeforflashcards.com/2011/10/spider-web-gross-motor-activity.html>

**Target:** balance



### Leaf Parachute play

Use a sheet or light blanket. Lay the blanket on the ground and have the children put out a bunch of leaves. Have each child grab a piece of the blanket and on the count of 3 have the entire group like the blanket in the air quickly and as high as they can to scatter the leaves.

**Target:** co-ordination

## INTELLECTUAL

**Cognitive (math skills, matching, labelling, sorting, cause and effect)**

### Exploding Pumpkin

<https://parentingchaos.com/volcano-pumpkin/>

**Target:** cause and effect



**EXPLODING  
pumpkin**

parentingchaos.com

Topic: Fall (weather, leaves falling, colors-orange, red, yellow, brown)

### **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:** number recognition

### **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.

### **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 theses 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 maple 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

Topic: Fall (weather, leaves falling, colors-orange, red, yellow, brown)

children to sort matching objects into the egg cartons.

**Comments:** *This idea can be used for a variety of themes.*

**Target:** sorting

### **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

### **Language (vocabulary, repeating and recognizing sounds)**

#### **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**

#### **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

Topic: Fall (weather, leaves falling, colors-orange, red, yellow, brown)

**CREATIVE (problem solving, creativity, decision making, sensory)**

**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

**Fall Outdoor sensory bin**

<https://simpleplayideas.com/fall-sensory-bin-squirrel-play>

**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:** sensory

**EMOTIONAL (confidence, self-expression, independence, self-awareness):**

**Rolling Pumpkins**

<https://www.sunnydayfamily.com/2015/09/rolling-pumpkins.html>

**Target:** confidence



**Create an Autumn Leaf Suncatcher**

Tape a large piece of clear self adhesive paper (Dollar Store) to a window with the sticky side facing out and invite your children to stick their collection of leaves onto it. Once they are done

Topic: Fall (weather, leaves falling, colors-orange, red, yellow, brown)

cover it with another piece of adhesive paper to secure the leaves in place. You can use the leaves the children collected on their leaf hunt. <https://childhood101.com/autumn-activities-toddlers/>. **Target:** independence

### 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

### Fall Leave Place Mats

Children use fine motor skills, have fun and create something practical during this activity  
**Materials:** Contact paper, leaf patterns, crayons suitable for "rubbing" in Fall colors and white construction paper. **Description:** Tape the leaf cut-outs on the table. Place construction paper over the cut-outs. Have the children rub the crayon colors of their choice over several of the leaf patterns. Cover front (and back if you choose) with contact paper. These are very bright and colorful. Each child uses his place mat at our Thanksgiving Feast; many use them at home as well. **Target:** confidence

### Pumpkin Bath

<https://busytoddler.com/2015/10/pumpkin-bath/>

**Target:** independence



### 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 Fall treat. **Materials and Ingredients:**

1 cup vanilla pudding for each child (you can either buy individual pudding cups or as a group

Topic: Fall (weather, leaves falling, colors-orange, red, yellow, brown)

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:** Allow 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



## 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



\*\*\*\*\*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.