



ACTIVITIES

LITTLE KNOWN FALL FACT

When talking about the fall season, we usually focus on the falling leaves and bare branches of trees, but if you look closely at a branch that has lost its leaves, you will discover tiny buds where the leaves used to be attached. These will become new leaves next spring.

Try forcing open some winter buds

- Bring a few small tree branches inside.
- Put them in some water.
- Place in a sunny spot.
- In about three or four weeks the buds should open into leaves.
- This is a good way to introduce children to the life cycles that occur in the different seasons.

LEAF RUBBINGS

What you need:

Leaves from trees — several kinds

White paper

Crayons — with the paper covering removed

What to do:

- Have the children place a leaf on the table.

- Cover the leaf with a sheet of paper.

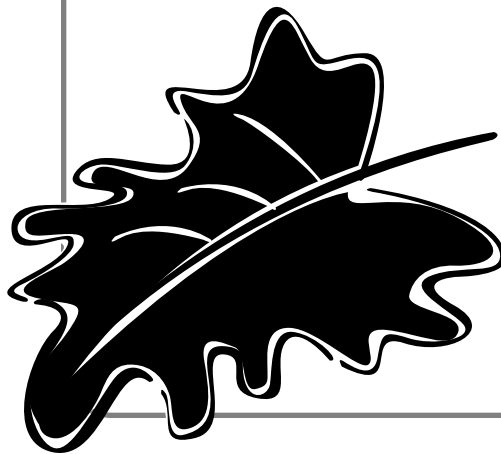
- Have the children hold the paper securely over the leaf with one hand and rub the side of a crayon on the paper over the leaf.

- The outline of the leaf will appear. This is almost magical and exciting for the children to discover.

- To expand the activity, have the children try another shaped leaf and different color crayon on another space on the paper.

- You might want to frame the finished prints with colored paper.

- Hang them around the room to decorate for fall.



Autumn Leaf Mobiles

What to do:

- Collect colored leaves that have fallen from the trees.
- Cut out squares of contact paper about one inch larger than the leaves, two per leaf.
- Place leaf onto sticky side of a contact paper square.
- Carefully place second square over leaf and press down firmly.
- Trim contact paper around each leaf leaving a quarter inch border.
- Punch hole in on end of the border.
- Push yarn or thread through the hole to make a loop for hanging.
- Hang the leaves on the tree branches. (The branches can be placed in a sand-filled container to anchor them.)

What you need:

Leaves

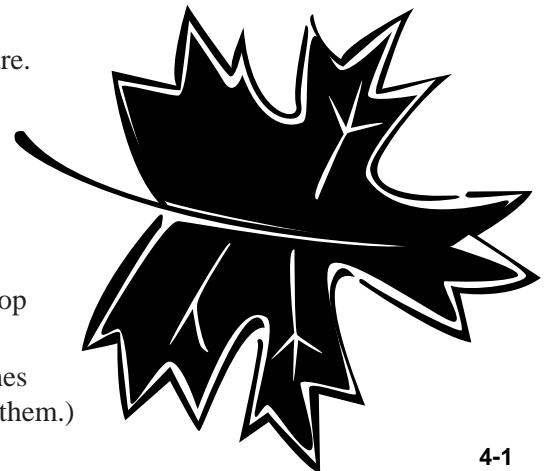
Clear contact paper

Safety scissors

Hole punch

Yarn or thread

Small tree branches



FINGER PLAYS

TREES

Elm trees stretch and stretch so wide,
(*Extend arms outward at side.*)
Their limbs reach out on every side.
(*Stretch.*)

Pine trees stretch and stretch so high.
(*Extend arms upward.*)
They nearly reach up to the sky.
(*Stretch.*)

Willows droop and droop so low,
(*Let arms hang loosely.*)
Their branches sweep the ground so low.
(*Fingers sweep ground.*)

WIGGLE

Wiggle, wiggle, fingers
(*Wiggle fingers.*)
Right up to the sky.
(*Reach arms & wiggling fingers up.*)

Wiggle, wiggle fingers,
(*Wiggle fingers.*)
Wave them all goodbye.
(*Wave hand.*)

Wiggle, wiggle fingers
(*Wiggle fingers.*)
Right into a ball.
(*Fold hands into a ball.*)

Now throw it in your lap
(*Place balled-up hands in lap.*)
And do not let it fall.

THE SQUIRREL

These are the brown leaves
(*Flutter hands to ground.*)
Fluttering down,
And this is the tall tree
(*Hold up right arm.*)
Bare and brown.

This is the squirrel
(*Form fist with left hand, thumb up.*)
With eyes so bright;
(*Form two circles.*)
Hunting for nuts
With all his might.

This is the hole
(*Form hole with fingers.*)
Where day by day,
Nut after nut
He stores away.
(*Pretend to place nuts in hole.*)

When winter comes
With its cold and storm,
He'll sleep curled up
(*Circle right hand around left fist.*)
All snug and warm.

For more Activity ideas, visit us on the web at:

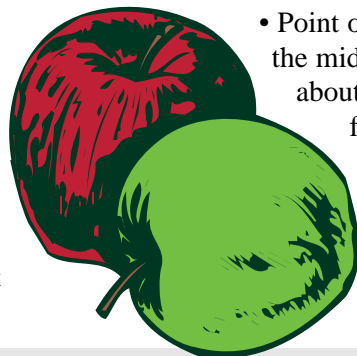
betterkidcare.psu.edu

or call the telephone help line at **1-800-859-8340**.

APPLE "SENSE"

It is easier for children to learn when they use all their senses. Here is a way to provide a nutritious snack that will involve learning more about apples.

- Give each child a small apple.
- Ask the children the following questions about their apple —
"What does it look like?" "What does it



feel like?" "How does it smell?" Have the children bite their apples, then ask, "What does it taste like?"

- Write down the children's answers.
- Point out the seeds found in the middle of the apples. Talk about how apple trees grow from seeds. You might want to read a story about Johnny Applesed after this activity.

APPLE JUICE

What you need:

- 2 cups apples —
seeded and cut into small pieces
- 4 cups water
- ¼ cup sugar
- Blender

What to do:

- Mix all the ingredients.
- Put one half of the mixture in the blender and blend well. Add the rest of the mixture and repeat the process.



Pennsylvania Pathways

Professional Development
for Child Caregivers

PENNSYLVANIA



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Resources: *We Learn All About FALL*, by Sharon MacDonald, Fearon Teacher Aids; *Ring A Ring O' Roses – Stories, Games, and Finger Plays for Pre-school Children*, Preschool/Story Hour, Children's Community Service Department, Flint Public Library, Flint, Michigan; *September – Patterns, Projects, and Plans*, by Imogene Forte

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