









October

Activity Calendar

Feels Like Fall!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Calendar created by: Dr. Pamela B Connor- Educational Trainer and Consultant Calendar Translated by: Manuela Rodriguez   			1. You can use a bag of candy corn to practice counting and exploring concepts like more than/less than or adding/subtracting.	2. Trace a pumpkin pattern on a large paper bag and let your child glue torn pieces of fall colored tissue paper to fill it!	3. Dip pretzels into yogurt that has been mixed with orange food coloring. Freeze them and then enjoy some cold pumpkins when they harden!	4. Weekend Wrap-Up Visit your local library and check out some fall themed books to enjoy reading this month!
5. 	6. Let your child taste foods that come from the farm. Corn on the cob; apples; tomatoes; carrots; potatoes. You can serve these as part of a meal or just offer a taste for snack.	7. Use the foods from the farm as art tools. Let your child roll paint using a corn cob and dip apple, tomato, and potato slices into paint to make prints.	8. Set up a sensory bin using a plastic container. Fill with different types of beans, measuring cups and spoons, containers, bowls, and kitchen tongs. Fun for hours!	9. ACTIVITY PAGE "Fall Wreath"	10. Grab those toes! "This little piggy went to the market. This little piggy stayed home. This little piggy had roast beef. This little piggy had none. This little piggy went wee, wee, wee, all the way home!"	11. Weekend Wrap-Up Check into community events such as, hayrides, apple festivals or even corn mazes! So many fun events to "fall" into!
12. 	13. Cows give us milk, but we can make milk even more tasty! Add chocolate or strawberry syrup to a glass of milk OR pour your favorite cereal into a bowl of milk!	14. Pour some fall-colored paints into squeeze bottles and let your child squeeze two colors in a Ziploc bag, seal it shut, and rub the colors together to make a new color. They can do lots of combinations!	15. Fill a sensory bin up with dirt and just enough water to make thick mud. Give your child garden gloves and plastic farm animals to play with in the mud like they do on the farm!	16. ACTIVITY PAGE "Pumpkin Bars"	17. Old McDonald had a farm. E-I-E-I-O! And on that farm, he had a cow, E-I-E-I-O. With a moo, moo here and a moo, moo there. Here a moo, there a moo, everywhere a moo, moo!"	18. Weekend Wrap-Up Repeat some of your favorite activities from this past week!
19. 	20. Slice up some apples and heat up some caramel to dip them in and you have a tasty fall treat!	21. "Fruit Loops" cereal is full of fall colors. Let your child thread fruit loops on a pipe cleaner or yarn to create different patterns for bracelets or necklaces!	22. Have your child collect a variety of leaves and small sticks they can use to create butterflies or other "leafy" insects!	23. ACTIVITY PAGE "Sensory Walk"	24. There was a farmer who had a dog and Bingo was his name-o! BINGO. BINGO. BINGO and Bingo was his name-o. Keep singing the song but each verse, clap out a different letter until they are all claps!	25. Weekend Wrap-Up Visit a local pumpkin patch or farm and pick out a pumpkin to carve next week!
26. 	27. Set up a tray with playdough and fall themed cookie cutters- leaves, pumpkins, moon shapes, bats, etc. for your child to have some fun with!	28. If you haven't done it yet, it's time to carve a pumpkin! Let your child scoop out the seeds and the "goop", they will love it	29. Take the seeds from the pumpkin, toss them in olive oil, sprinkle some salt, and roast in a 300* oven for 20 minutes!	30. ACTIVITY PAGE Farm Animals: STEAM Click the picture to view our featured book 	31. "Leaves on the trees are falling down, falling down, falling down. Leaves on the trees are falling down, let's pick them up!"	



Fall Wreath

It is time to decorate your front door or a bedroom door for fall! First, you need small puzzle pieces- maybe some from puzzles your family no longer uses, or purchase a few puzzles from a Dollar Store. Lay the pieces out on newspaper or paper towels and let your child paint the pieces orange, red, yellow, green, or any fall colors you may have. While they are drying, cut out a circle from a piece of cardboard and cut out a center circle so you have a hole in the middle of the large circle. Once the puzzle pieces are dry, let your child glue them all over the cardboard wreath until it is totally covered. Tie a ribbon on the wreath and hang it on a door to welcome fall!!





Pumpkin Bars

This is a yummy fall treat that your child can help you make!

Mix these ingredients in a bowl:

- 2 cups all-purpose flour
- 1.5 tsp baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 2 teaspoons pumpkin pie spice

Mix these ingredients in another bowl:

- 1 cup vegetable oil
- 3 large eggs
- 1 cup brown sugar
- 1/3 cup granulated sugar
- 1 15 oz. pumpkin puree
- 1 teaspoon vanilla extract

Pour the wet ingredients into the dry ingredients bowl and use a mixer to combine them. Spread mixture into a 10x15 greased baking pan and place into a 350-degree oven. Bake for 30 minutes. After cooling off, spread cream cheese frosting over the cake and cut into bars. Delicious!



Sensory Walk

Fall is a season for the senses! Smells, colors, tastes, sounds, and more! Create a sensory walk all about “touch” for your child to walk on! Collect any of the following items that are accessible to you:

- Bubble wrap
- Rice
- Rocks
- Sand or dirt
- Water

Place or pour each of these items on sturdy paper plates or cookie sheets that are lined up indoors or outdoors. Have your child take their shoes off and take a sensory walk (make sure that the water is the last item, which will feel soothing and clean your child’s feet off!)





Farm Animals: Steam

This book not only shows pictures of real farm animals, but it also shares information about what the animals do on the farm, where they live on the farm, and what products come from them. One animal is a sheep, and it is shared that yarn is created from sheep's wool. After reading the book, an adult will blow up a balloon and then help your child soak orange yarn in glue. Working together, you and your child will take the yarn and wrap it all over the balloon. It doesn't matter what direction you go in or how much yarn is used on any part of the balloon. When the yarn is dry, pop the balloon, and you will have a "pumpkin" that you can wrap in twinkle lights or add cut-out facial features to if you want it to become a jack-o-lantern! Thank you, sheep, for giving us yarn to make such fun fall decorations!



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