

ideas by the Bushel



Here are some activities we picked just for you to help you celebrate fall!

Finger Plays

**Autumn winds begin to blow
(blow with lips)
Colored leaves fall fast and
slow (move hands to show
falling leaves)
Twirling, whirling all around
(turn around a few times)
Until at last, they touch the
ground (fall to the ground)**

(Sing to the tune of “Are you sleeping?”)
**You can use soft balls or rolled socks as
pretend apples!
Apples falling, apples falling
From the trees, from the trees
Pick up all the apples, Pick up all the
apples,
1,2,3 1,2,3!**

Art and Music

- Make “Seed Shakers” by pouring any type of seeds or beans onto a small paper plate and then taping or stapling another small plate onto the first one!
- Paint with leaves, corn on the cob, apples, or any vegetables or fruits that are harvested in the fall.

Fine Motor

- Make playdough using 6 cups flour, 1 cup water, and 1 cup vegetable oil. Add food coloring (red, green, yellow, or orange) and a little cinnamon to create the smell of fall!
- Dye salt with orange, red, or green food coloring and place on a plate or tray. Let your child use their fingers or a straw to “write” letters or numbers in the salt.

Gross Motor

- Try some Fall Themed Yoga for you and your child!



Tree Pose



Scarecrow Pose



Apple Barrel Pose