











# Fit~N~Fun!

## Fall into Fun!

Autumn leaves make great outdoor fun! Rake leaves together—Young children like to be included and be little helpers! If you don't have a small rake for your child to use, they can help scope leaves into bags with a empty milk jug with the top part cut off. Tape over the edges so that it isn't sharp.



## Here are some other ideas for fun with leaves

-  Rake up a big pile of leaves and jump into it.
-  Rake leaves into smaller piles. Chase around and in between the pile of leaves.
-  Rake up a path between fallen leaves and let your child run or kick a ball along the path. Try a straight path, a curvy path or a zig-zag path.
-  Make a fort with leaves. Build the walls with piles of leaves or use bagged up leaves to make walls.
-  Make several small piles of leaves close together. Have your child jump from one to the other or hop over small piles of leaves.
-  Make “leaf angels” in a large pile of leaves.
-  Take turns covering each other up in leaves.
-  Scoop a bunch of leaves and throw them into the air— it's raining leaves!
-  Try catching leaves as they fall.
-  Go for a nature walk to take in the sights and sounds of fall. On your walk, have you child collect different shapes and colors of leaves. (You can even do this in your own yard.) When you get home, have your child press leaves in or under some heavy books. Leave them there for a few days. For a quiet time activity, let your child glue the leaves onto paper to make a collage, or place a piece of paper over the leaves and rub with a crayon.

# Fit~N~Fun!

## Fall into Fun!

Autumn leaves make great outdoor fun! Rake leaves together—Young children like to be included and be little helpers! If you don't have a small rake for your child to use, they can help scope leaves into bags with a empty milk jug with the top part cut off. Tape over the edges so that it isn't sharp.



## Here are some other ideas for fun with leaves

- 🍁 Rake up a big pile of leaves and jump into it.
- 🍁 Rake leaves into smaller piles. Chase around and in between the pile of leaves.
- 🍁 Rake up a path between fallen leaves and let your child run or kick a ball along the path. Try a straight path, a curvy path or a zig-zag path
- 🍁 Make a fort with leaves. Build the walls with piles of leaves or use the bagged up leaves to make walls.
- 🍁 Make several small piles of leaves close together. Have your child jump from one to the other or hop over small piles of leaves.
- 🍁 Make “leaf angels” in a large pile of leaves.
- 🍁 Take turns covering each other up in leaves.
- 🍁 Scoop a bunch of leaves and throw them into the air— it raining leaves!
- 🍁 Try catching leaves as they fall.
- 🍁 Go for a nature walk to take in the sights and sounds of fall. On your walk, have you child collect different shapes and colors of leaves. (You can even do this in your own yard.) When you get home, have your child press leaves in or under some heavy books. Leave them there for a few days. For a quiet time activity, let your child glue the leaves onto paper to make a collage, or place a piece of paper over the leaves and rub with a crayon.