

KIDS KÖRNER

A newsletter designed with parents of young children in mind



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Autumn is a wonderful time of year for children to discover colors, textures, and fun outdoor activities. Simple outdoor activities can become exciting learning adventures. Plan some extra special time for outdoor activities this fall.

Try some of these autumn activities:

Go on a leaf hunt – collecting leaves can be lots of fun. Look at and name the different colors, shapes and textures you find.

Leaf I.D. – There are many books and resources to help you discover which fallen leaves belong to which tree and what their names are, ie. maple, oak, walnut, etc..

Go for a walk and “crunch” through the leaves. Listen to the “rustling” sounds. Then stop and listen to the quiet and other sounds you might hear.

Be a squirrel! – collect things like acorns, walnuts, and other fall crops.

Autumn harvest - visit a local farm to pick fall crops such as apples and squash.

Plant a tree. Autumn is a good time to plant certain trees.

Plant some fall flowers such as mums or pansies.

Go on a nature hike and pick fall wild flowers.

Rake up a big pile of leaves - Jump right in!



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Leaf Art

Rubbings. Collect a variety of leaves. Place on a hard surface. Cover with a piece of plain white paper. Do a rubbing using different colored crayons.

Make a Mobile. Collect a variety of leaves, two sticks and some string. Tie the two sticks together to form an X. Next using different length of string, attach individual leaves. Tie strings to stick X. Hang your mobile.

Leaf “stained glass” Picture. Collect a variety of leaves, wax paper, waxy crayons, crayon sharpener, and iron. Place piece of wax paper on surface. Lay out a design with leaves. Sprinkle with colorful crayon shavings. Cover with another piece of wax paper and gently heat with warm iron until shavings are melted and wax paper is sealed.

Leaf Prints. Collect a variety of leaves, finger paint and paper. Rub paint on one side of the leaves. Press the painted side of leaves to paper. Remove and discard leaves.



Fox nature craft--- you will need nice large leaf, black construction paper, black string, 2 google eyes and , glue.

Sincerely,
Megan Gullet
Russell County Extension Agent for Family & Consumer Sciences Education

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Owl Rice Cakes Snack

INGREDIENTS

- 1 rice cake plain
- 2 Tbsp peanut butter
- 1 banana
- 1/4 cup blueberries
- 1/2 apple sliced
- 1/4 cup Cheerios
- 1 Small piece of cantaloupe

INSTRUCTIONS

Spread peanut butter on each rice cake.

Top rice cake with 2 banana slices for eyes, and top each banana slice with 1 blueberry.

Next add a small piece of cantaloupe cut into the shape of a triangle for the beak. Then, two apple slices for the wings.

Finally add cheerios for the body.
Serve.

